FREE
national & international
CALLS
see page 27

THE PORTUGAL News
Portugal's National Newspaper in English
11 Jul 2009 • Edition N° 1018 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

On page 28
WIN... A PAMPER YOUR SENSES PACKAGE

UK expat stores given Portuguese lesson

Inspectors from Portugal's Health and Safety association ASAE have paid visits to various 'UK' grocery stores across the Algarve in an apparent attempt to clamp down on non-translated labels on food products. (See Page 4)

Economy minister resigns after parliament outburst

President Cavaco Silva has sworn in Finance Minister Fernando Teixeira dos Santos as Portugal's economy minister, following the controversial resignation of Manuel Pinho from the post. (See Page 6)

Portugal ready for swine flu

With the number of swine flu cases now rising on a daily basis, the Government has this week said the country is as well equipped as any to deal with the virus. (See Page 7)

Final countdown for Portimão iron bridge

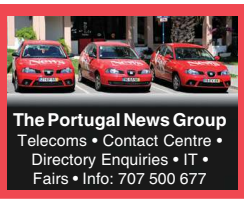
Being closed to all traffic, except motorbikes, since November 2007, the Portimão old bridge is in its final stages of renovation for the reopening, scheduled for July 15th, with only paintwork and the placement of safety barriers remaining. (See Page 18)

Real welcome for Ronaldo

Portuguese footballer Cristiano Ronaldo broke yet another record when more than 75,000 Real Madrid supporters filled the Santiago Barnabéu stadium to be the first to witness the world's best player in the colours of the Spanish giants. (See Page 56)

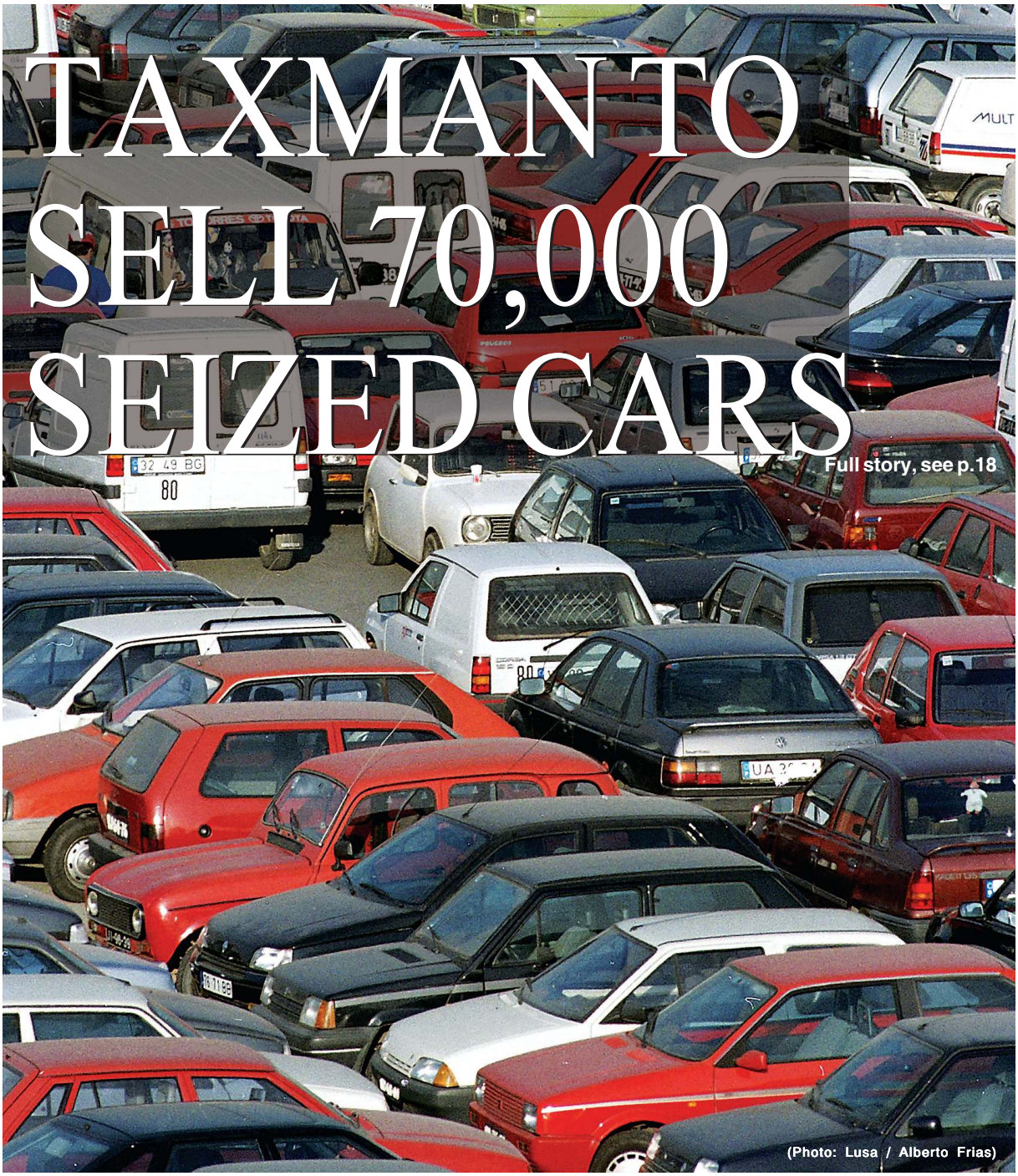
Weekend weather

Lisbon: Cloudless skies and temperatures between 28º and 29º are forecast for the capital this week. **Faro:** The Algarve will enjoy weather in tune with the season, with blue skies and warm nights. **Oporto:** The North will see thermometers in the region of 22º to 23º with low cloud cover expected on Sunday.



The cost of a bean is all it takes to talk to one of our readers, see p.51

Dwindling tax receipts result in taxman seizing papers of 70,000 cars for resale



(Photo: Lusa / Alberto Frias)

THE PORTUGAL News

ANGLOPRESS Edições e Publicidade, Lda

Copyright ©2005 Anglo Press Lda and The News Group of Newspapers Inc • **The Portugal News** is owned and published by: The News Group of Newspapers Inc • **Depósito Legal Nº** 80258/94

Content

News

National 1-7 & 11 • Regional 12-14 • World View 10 • Business 8-9 • Trading Places 15 • Sport 56

Readers' input

Letters 18 • Club News 16

Property

Property of the Week 19 • Prestige Properties 20-23
Property Directory 25-26 • Gardening 24

Feature pages

Eating Out 17 • More for Women 28-29 • Health 30-31
Paws & Claws 34 • Travel 35

Entertainment

Cinema 36-37 • Events 38 • TV Guide 39-45 • Mind & Soul 50

Advertising

Advertisers' Hotline 32-33 • Company Finder 46-49
52-55 Classified

Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa
Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa
Tel: 707 500 655
Newsdesk: 707 500 655
Sales: 707 500 677
Classified: 707 500 646
Fax: Gen 707 941 201• Sales: 707 942 053
Email: info@the-news.net • sales@the-news.net
Web: www.the-news.net

Print & Distribution

Printers: MIRANDELA Gráfica, Lisbon
Tiragem: 20,476 copies this week
Distribors: VASP
Member of apct apct audited circulation

Production Team

Publisher: Paul Luckman • publisher@the-news.net
Editor: Brendan de Beer • newsdesk@the-news.net
Production: Madeline Luckman • copy@the-news.net
Journalists: Carrie-Marie Bratley • Tommy Broad
Classifieds: Rebecca Andrade
Paws & Claws: Raquel Salbany
Preview: Raquel Salbany
Travel: Sherry Hughes
Photos: LUSA • Press Association • Portugal News

Sales Team

Sales Manager: Bella Talhadas • 914 393 736
Area Managers:
Lisbon, Estoril, Cascais, Sintra • **Bella Talhadas**
Alvor, Lagos, P. da Luz, Aljezur • **Marilyn Holmes** • 914 863 604
Guia, Almancil, Faro • **707 500 677**
Loulé, Quinta do Lago, Vale do Lobo, Ayamonte
Tom Chapman • 912 583 188

Support

Accounts: Gaby Rodrigues
Subscriptions: Samantha Hoather

Subscriptions

52 editions of *The Portugal News*. cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail). Send your name and address plus cheque or credit card details to Apt 13, 8401-901 Lagoa or email sam@the-news.net. Queries, please call 707 500 655.

Newsletters

To subcribe to our free weekly newsletters, sent by email every Friday please email Becky@the-news.net

Disclaimer

Although we do everything possible to ensure the integrity and suitability of advertisements in ***The Portugal News,*** ANGLOPRESS Edições e Publicidade Lda, *The Portugal News*, its employees or representatives cannot accept any responsibility for claims made by advertisers in their publicity, and cannot become involved in any disputes or litigation, howsoever arising.

Standing aviation

The President of low cost airline Ryanair, Irishman Michael O'Leary, poses with a model plane of the airline after a press conference in Madrid in April. During his speech, O'Leary highlighted the fact that while other corporations have lost passengers, Ryanair continues to grow. (Photo: EPA/Juan M. Espinosa)

Following previous suggestions of charging passengers to use onboard toilets, carrying their own luggage to the aircraft and introducing a 'fat tax' for overweight travellers, low-cost Irish airline Ryanair has recently put forward yet another thought-provoking proposal to help reduce the cost of flying by offering heavily discounted fees for passengers willing to travel standing up.

For those who don't mind travelling in 'vertical seats', which a Ryanair spokesperson has said were "best described as bar stools", passengers could pay between 20 and 50 percent less for their flights, or even fly for free.

According to an interview given by the executive to Sky News, the option will be available on flights lasting less than 90 minutes. It was confirmed the airline has already approached US aircraft manufacturer Boeing to see if it is possible to convert the existing fleet to accommodate 'vertical seating' and standing areas, by removing rows towards the rear of the aircraft.

If the aircraft can be adapted Ryanair will then seek approval for the scheme from the Irish Aviation Authority.

A Ryanair spokesman also told the Daily Mail "The passenger will be fully supported and of course we will fully comply with any safety regulations."

Michael O'Leary has dismissed accusations that this latest proposal was the most extreme to date.

"Why is this any different to what happens on trains where you see thousands of people who cannot get a seat standing in the aisles, it happens regularly on the Underground," he said in his interview with Sky News.

According to reports, the idea came from Chinese airline, Spring, which has put forward similar plans.

If the scheme gets the green light Ryanair could introduce this new travel concept in two years time.

Malaria conference brings specialists to Lisbon

Portuguese and international specialists in the fight against malaria gathered in Lisbon on Wednesday for a three-day conference focused on the latest developments in diagnostics, treatment and prevention of one of the world's greatest killer diseases.

Rui Vallêra, of the Luso-American Foundation for Development (FLAD), one of the organisers, told Lusa Tuesday that the central objective of the three-day conference was to permit the "exchange of knowledge and experiences" and foment cross-border "research partnerships".

He said FLAD would award three €20,000 prizes as a "small stimulus" for new research projects with a focus on combating malaria in Africa that emerged from the conference, which ran until Friday.

Along with FLAD, the event is sponsored by the National Institute for Allergy and Infectious Diseases (NIAID) of the United States.

Specialists from the former Portuguese African territories of Angola, Cape Verde, Mozambique, and São Tomé and Principe were among the participants.

Lisbon-headquartered FLAD and NIAID have cooperated in joint initiatives since 2007 when they organised a conference on tuberculosis. A third joint effort focused on HIV/AIDS is planned for 2010.

TPN/Lusa

Free police surveillance for empty homes

Citizens who want to ensure their homes are safe while they are on holiday elsewhere can now request policing of their properties via the Internet thanks to a free service from the Ministry of Internal Affairs (MAI).

Operation 'Safe Summer – a direct key' is carried out by the GNR and PSP police forces until September 15th and is aimed at people who want to go on holiday but are concerned about leaving their home empty.

As well as requesting the service online, (https://veraoseguro.mai.pt/), it can also be requested at GNR and PSP stations by filling in a form.

Last year security forces monitored 7,490 homes free of charge; 6,555 were looked after by PSP officers, 935 by the GNR.

Of the 7,490 homes being surveyed by police, during the owners' absence only three were broken into.

Strategic expansion 'necessary' for Algarve development

A study that was created to explore ways in which development could be encouraged in the Algarve has suggested that introducing new direct flight routes to and from Faro Airport along with the construction of more marinas would pave the way for fast-track regional growth.

The study proposes introducing new direct flights from Faro Airport to Madrid, Barcelona, Bilbao, Stockholm, Vienna and Moscow as well as reinforcing the thirteen regular routes it hosts, mainly to the UK, Germany, France, Holland and Denmark.

It also suggests two or three new marinas would be beneficial.

Should these proposals materialise, the study calculates that by 2015 17 million people would visit the Algarve, 13 million of whom will be foreigners, the rest Portuguese.

This translates into an estimated revenue of €853 million, which would be an eight percent rise in comparison to what is anticipated for this year.

The first signs of improvement, if the study's suggestions are to be followed, should be visible between 2009 and 2011, which could indicate a recovery from the economic crisis, followed by a period of stabilization.

Regarding the marinas it was recommended that at least one new marina should be located in the eastern Algarve where such infrastructures are fewer.

According to the study the Algarve pales in comparison to neighbouring Andalusia, in Spain, which has 42 marinas equalling 15,000 berths for boats. The Algarve has just four marinas and a total of 2,500 berths.

Andreia Santos (left) in charge of the Portimão Summer Park, which was introduced as a new type of leisure area for families near the Portimão marina last year. (Photo: Lusa / Luis Forra)

Airlines suffer with poor tourist demand

The lack of tourists seeking holidays in Portugal is affecting the airlines that fly to this country, particularly to the Algarve, with seven out of the ten main airlines suffering a loss of passengers.

Figures from ANA – Airports of Portugal, from January to May this year have shown that passenger traffic at Faro Airport has fallen by 11.3 percent, mainly caused by drops in numbers from low-cost airlines including easyJet, Monarch, Air Berlin, Hapag-LLoyd Express and Thomsonfly.

easyJet, which flies from Faro to the UK and to Paris, still maintains the largest market quota at Faro Airport though this also fell by 4.1 percent, bringing to Portugal 349,000 passengers during the first five months of this year.

Monarch's market quota fell by 10.3 percent, transporting 160,000 passengers between Faro and Birmingham, London and Manchester.

"The biggest drop [in terms of passenger figures] in the Algarve is associated with the British market", said Paulo Brehm, spokesperson for the Portuguese Travel Agents Association, stressing the main cause for this is the economic crisis.

At the opposite end of the spectrum regarding Faro Airport figures is Ryanair, which during the first five months of this year grew by 98 percent, transporting 197,000 passengers.

Ryanair spokesperson for Europe, Daniel de Carvalho explained "the growth in Faro corresponds to a recent introduction of more frequent flights and more routes".

The Irish low-cost airline currently flies to Faro from Ireland, Scotland, Germany, Belgium and the UK.

Faro Airport's most successful non-low-cost airline at present is Portuguese flag carrier TAP, which despite ranking first out of conventional airlines still suffered a drop of 13.7 percent.

TAP is followed by British Airways, whose presence at Faro Airport last year was practically non-existent following the takeover of its routes by GB and subsequent sale to easyJet. British Airway's reclaiming of its Faro routes and rebuilding of its presence was done over a few months and resulted in a 96.7 percent growth.

Meanwhile, TAP lost 105,000 passengers during the month of May alone, a 12.3 percent loss in relation to May 2008.

The airlines losses have been continuous since January, and have been explained as being due to "the reduction in demand and offers throughout Europe and the North Atlantic".

In total, from January to May this year, Portugal's national airline carried 3.18 million passengers, 5.2 percent less than the same period last year.

Globally, TAP holds its market-leading position with a quota of 41 percent.

It is followed by easyJet and Ryanair, Portugal's second and third most popular airlines respectively.

Hotel prices dropping in the Algarve

In an attempt to keep occupancy figures similar to those of last year, Hotels in the Algarve have slashed their prices by an average of 20 percent.

With peak season now in full swing extra measures are being introduced to boost the region's appeal in the hope of making up for the 15 percent drop in visitors seen since the beginning of the year.

Eldérico Viegas, head of the Regional Hotel and Tourist Resort Association AHETA, said "the initial figures we have show that the Algarve's current hotel occupancy rates are similar to those of last year. However there will be less revenue as hotels are being forced to lower their prices to sustain demand".

In July 2008 Algarve hotel occupancy figures were at 83.6 percent.

José Carlos Pinto Coelho, President of the Portuguese Tourism Confederation, explained the trend was affecting the whole world as the economic crisis is global and during these holidays occupation rates will be high but prices will be low".

He also said the drop in visitors to the Algarve was reflected in the golf sector as well, which this year suffered a 30 percent drop in relation to 2008.

Hotels emptier than hoped

On a global scale, hotel occupancy rates for the month of June this year have dropped by 4.3 percent to 68.8 percent, in comparison to the same month of last year.

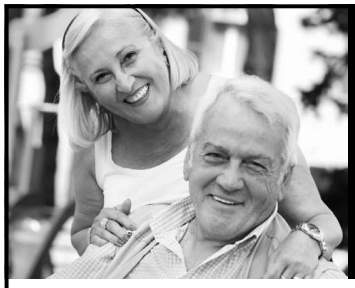
Provisional figures from the Algarve Hotel and Tourist Resort Association (AHETA) have shown that the biggest drops in demand were noted in Vilamoura, Quarteira and Quinta do Lago (down by 13.9 percent), Faro and Olhão (down 10.7 percent), and Carvoeiro and Armação de Pêra (minus 6.2 percent).

On the other hand, Tavira and the Portimão/Praia da Rocha area experienced occupational rises of 3.1 and 1.6 percent respectively.

However, Monte Gordo and Vila Real de Santo António had the healthiest occupational rates, at 82 percent, while Faro and Olhão had the lowest, at 49.2 percent.

By category, it was the five-star hotels and apart-hotels that were most affected by this year's lack of tourists, which saw an average drop of 13.2 percent in occupancy. Two-star hotels had 10.5 percent less guests, while four-star hotel accommodated 4.4 percent less people.

By nationality, the British made up 39.6 percent of all tourists in the Algarve in June, followed by the Portuguese, who represented 23.5 percent, and Germans, who made up 9.7 percent.



What if?

Make sure your loved ones don't have to cope alone

The Portuguese way of funerals can often lead to misunderstanding and leave people confused at a time of distress, particularly when your family and friends are a long way from home. Will they know what to do, who to call?

Planning ahead and making provisions with Golden Leaves will save this trauma of knowing who they can turn to and by planning ahead you can organise arrangements according to your wishes.

Our secure, dignified and personal service will give you peace of mind in the knowledge that your funds are backed by our guarantee of trust.

- Complies with FSA regulations
- Dignified, professional care for expatriates
- Bi-lingual local knowledge and support
- Independent Trust Fund Guarantee
- All inclusive prices - no hidden costs - inflation proof
- No age or health restrictions

Pre-Pay at Today's Prices & Save Money

For a free no obligation brochure contact our local agent: **Lloyd & Whyte International**

Tavira - tel. **281 325 842**

Boliquieme - tel. **289 360 578**

Email: portugal@lloydwhyteintl.com

www.goldenleaves.co.uk

Golden Leaves
Funeral Plans

Golden Leaves Funeral Plans are NOT an insurance policy

UK expat stores given Portuguese lesson

Inspectors from Portugal's Health and Safety association ASAE have in the past week paid visits to various 'UK' grocery stores across the Algarve in an apparent attempt to clamp down on non-translated labels on foodstuffs, in one case closing the shop's doors for more than nine hours while they conducted their checks.

M&J's food store in Albufeira, which claims to have 'the greatest range of UK products in the area', and the 'Let the Magic In, British Supermarket' in Algoz, (both in the Algarve) were visited by ASAE inspectors last week and were told to re-label thousands of products with Portuguese translations.

A source from Let the Magic In told **The Portugal News**, "We were told to translate all the preparation instructions into Portuguese and stick them on. When we said some packages might be too small for instructions in both languages we were told to stick them over the top of the English instructions".

While the store was not fully closed it was restricted to selling nationally-produced items only, like newspapers, bread, milk and water, until all British products had been re-labelled and a second inspection carried out for approval to restart trading.

This left the establishment with around 12,000 products to translate and re-label, with most of its 'fresh' stock being lost.

A spokesperson from M&J's also told **The Portugal News** "We have been told to translate everything, from how to boil soup to tins of beans".

Talking about the inspectors they said, "They were fine about things; they closed the doors when they came in at 10h30 and didn't leave until 19h45".

Though M&J's trading was not restricted they were left with a huge task for which they had to employ a Portuguese native to do the thousands of translations.

Both stores, which have been open for approximately three years, were told by inspectors that a second check would be carried out within several days to lift any restrictions imposed, but at the time of going to press no new developments had been seen.

After hearing of ASAE's unannounced drop-ins, a third supermarket, also in Albufeira, and which has not yet been visited by inspectors, contacted their suppliers in the UK regarding the translation of labels and were told: "There is no need to translate food preparation instructions unless a new law has been introduced in Portugal, and even if it has it has not yet been passed by the EU".

In total, it is believed six supermarkets were inspected in the space of a week.

A fourth supermarket in Lagos, the 'UK Food Supplies', was shut down completely until further notice after inspectors carried out checks and found recently-arrived stock had not yet been translated.

A source from the store said: "We did know of the requirements to translate label instructions but we had just received a large shipment of stock and hadn't yet got round to doing them".

Following ASAE's spree last week **The Portugal News** contacted ASAE's Algarve Bureau and was told: "All shops that sell foreign products must have labels in Portuguese. We are not obliged to read French, Chinese, or any other language. If a Portuguese product is sold in England it has to be in English".

Of the visits the source said: "They are part of the normal, routine, periodic labelling inspections", carried out in all establishments.

However, it has left the Algarve foreign community in doubt as to whether the 'UK supermarkets' are being singled out. After spot-checking five different supermarkets (Pão de Açucar, Lidl, Pingo Doce, Modelo and Intermarché) **The Portugal News** discovered that most foreign products did in fact include descriptions and preparation listings not only in Portuguese, but in several EU languages incorporated on the original packaging.

Only alcoholic drinks, including English and German beers as well as foreign spirits, were not translated. It is not clear though whether the EU law on translating foodstuffs covers alcoholic drinks.

However, shortly before going to press a spokesperson from Let the Magic In contacted **The Portugal News** to confirm that after conducting their own checks at two separate supermarkets they had found some 20 products that did not have preparation instructions in English.

Let the Magic In, which at the time of going to press had still not been visited by ASAE inspectors to re-evaluate their situation despite contacting the agency to inform them instructions had been met, sent a fax listing the products they had found and explaining the situation, though had no reply. They were reportedly told ASAE "had not got round to seeing the fax".

The Portugal News attempted to contact ASAE shortly before going to press but was unable to obtain any further comments.

In 1992 France banned the use of English in advertising some food items. The European Commission subsequently decided that "the defence of national languages would help the construction of Europe".

However, a subsequent EU directive regarding food packaging and labelling stated "Labelling has to be in a language easily understood by consumers; this is in practice the official language(s) of the Member State. Multi-language labelling is allowed throughout the EU".

It clarified "the latest EU edict specifies that no country should 'impose' its language on food products but should use the language most understood across Europe".

A clause was added stating labels in English should also be accompanied by a picture.

Furthermore, Member States are not permitted to prohibit particulars by virtue of the fact they are not in the national language.

Those that had packaging exclusively in one language did indeed have a translated label stuck somewhere on the package.

Inspectors from Portugal's Health and Safety association ASAE and police during a fiscal operation in the Quinta do Conde market in Setúbal. (Photo: Lusa / Inácio Rosa)

El Corte Inglés under ASAE microscope

Portugal's Health and Safety unit ASAE is currently investigating Lisbon's El Corte Inglés department store for allegedly violating sales laws following drastic pre-sales price reductions last December.

The investigation was prompted by a complaint made by the Union for Service and Trade Associations (UACS), who highlighted the store's 'aggressive promotions' held last December and which were also reported to the Authority for Competition.

El Corte Inglés is accused of violating sales laws.

According to a report on financial news site *Agência Financeira*, ASAE confirmed their intention to investigate the situation via a letter to the President of UACS, Vasco Mello, confirming they would "take measures that in this case are considered adequate and which will be taken in accord with the applicable legal position".

Vasco Mello said he was satisfied with the decision, but lamented that ASAE only took action following the intervention of the Authority for Competition as it had been approached by UACS on previous occasions.

Known as a 'Black Friday', aggressive sales and promotions that entail drastic price reductions are considered a violation of sales laws.

www-the.news.net

FAMILY HEALTH CENTRE ALBUFEIRA
CLÍNICA PACIFICO
THE ULTRALIPO SYSTEM - NON INVASIVE FAT LOSS
New to the Algarve this system combines ultrasonic waves to rupture fat cells(cavitation) and Radiofrequency to tighten loose skin.
Non surgical real fat loss performed as a walk in walk out treatment.
Ideal for spot fat reduction- tummy,thighs,buttocks and cellulite areas.
Visible measurable loss.
Call The Family Health Centre Albufeira on 289 543 545 for consultations appointments
PORTUGUESE, ENGLISH, GERMAN, SPANISH AND FRENCH SPEAKING DOCTORS
Open your mind for the benefit of your health at Clínica Pacífico

PART OF THE PORTUGAL NEWS GROUP Established 1977
Lost in a foreign land?
If you can't make contact because you don't know the number, DQ can help
we can find your number in one minute
Mon- Fri 09:30 - 18:00
Calls cost 60c
from: fixed phones • call boxes mobiles and mobiles on roaming
National & International Business & Private
directory enquiries
760 50 60 70

New death-counting procedure for 2010

From January 1st 2010 victims of road accidents who die from their injuries up to 30 days following the incident will be counted as a 'road death' and included as such in national statistics.

The new strategy will be tested during the second half of this year; an experimental phase for the new model, which will be officially introduced as of 2010.

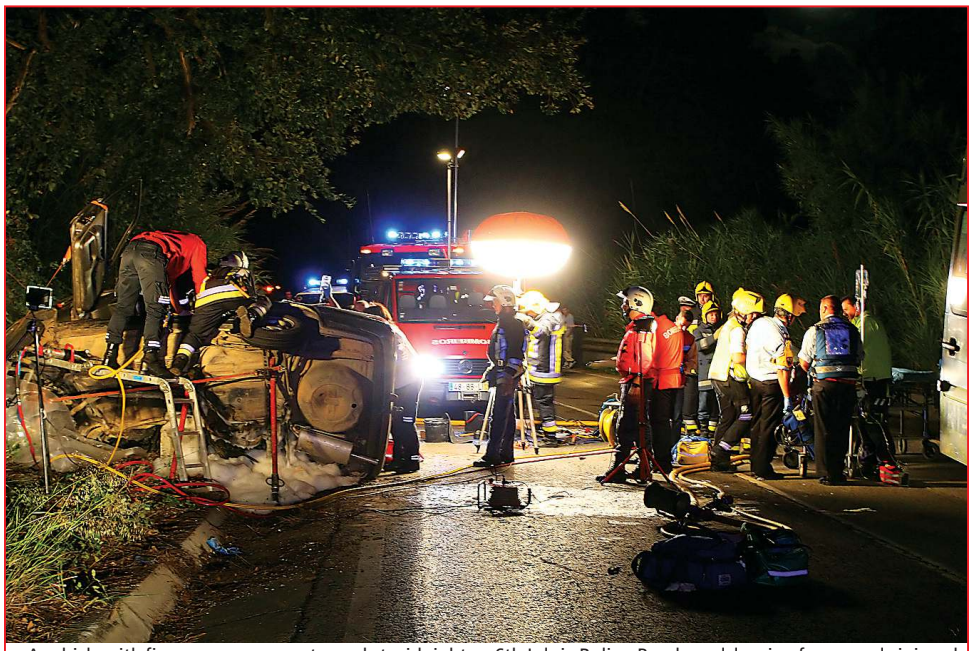
At present, 'road deaths' are defined by victims who die at the scene from injuries sustained following a collision, or on the way to a hospital.

However experts believe this method of counting will persist "forever" despite attempts to introduce a new procedure as provisional statistics are compiled by security forces on a weekly basis and via the new counting method this could cause a margin of error of up to six months.

Further delays may be caused as the new method will require collaboration from various Governmental departments, including the Public Prosecutor's office and the police.

Currently, when a car crash victim enters hospital they lose contact with the police.

With the new procedure, if the victim dies in hospital it is that unit's responsibility to contact the Public Prosecutor's office, who in turn passes the information onto police, who then tally up final figures.



A vehicle with five passengers overturned at midnight on 6th July in Roliça, Bombarral, leaving four people injured with two remaining in hospital. (Photo: Lusa / Mário Caldeira)

Road deaths still falling

Latest figures relating to road deaths in Portugal have shown that during the first half of 2009 there were 5.5 percent fewer fatalities than during the first six months of 2008.

This was confirmed by Portugal's Minister for Internal Affairs Rui Pereira, during a seminar held this week called 'Getting to know national road safety'.

He further confirmed that the number of serious injuries had also fallen by 2.5 percent in comparison to the first half of last year.

"The tendency for the number of deaths to keep falling is ongoing this year" he said, underlining how Portugal, between 2001 and 2008, managed to reduce road deaths by 47 percent and stressing how Portugal is "about to achieve its objectives set by EU for before 2010", which is to diminish road deaths by half.

In 2008, 776 people were killed in road accidents; 2,606 were seriously injured and 41,327 suffered some form of injury.

According to Minister Pereira, this "success" is largely due to improvements made to roads and vehicles, as well as an increase in police checks.

Despite nearly halving the number of deaths that occur on its roads every year, Portugal was, in 2008, still six percent above the European average.

Overwhelming majority respect drink limit

According to the National Association for Drinks and Spirits (ANEBE), which promoted and carried out a campaign that involved 215,000 drivers being breathalysed, 95 percent of the drivers who were randomly checked were within the legal tolerance for drinking and driving, which is below 0.5 grams of alcohol per litre of blood.

Of the 215,000 drivers 206,000 were legally fit to drive, a statistic that ANEBE is pleased with.

"They are very positive numbers and reflect the big investment by the State regarding preventative policies, the quicker way in which sanctions are applied, and the growing interest shown by the media concerning road safety topics".

For the first time, earlier this week GNR officers participated in ANEBE's '100 percent Cool' campaign, distributing symbolic prizes such as €25 vouchers to the first 80 drivers who when tested showed a result of 0.0 percent of alcohol. Similar interventions are to be held in the Algarve, Coimbra and Oporto.

ANEBE explained that the 'prizes' would only be given to drivers aged between 18 and 30 and in vehicles with less than three people.

Economy minister resigns after parliament outburst

Former Economy Minister Manuel Pinho during a QREN ceremony at the Belem Cultural Centre in July last year. (Photo: Lusa / João Relvas) Insert: TV screen grab showing Manuel Pinho making an offensive gesture in Parliament on 2 July 2009.

President Cavaco Silva has this week sworn in Finance Minister Fernando Teixeira dos Santos as Portugal's economy minister, following the controversial resignation of Manuel Pinho from the post.

Manuel Pinho resigned last Thursday shortly after making an insulting gesture to Communist bench leader Bernardino Soares during a parliamentary debate, an action that elicited a public reprimand from Socialist Prime Minister José Sócrates.

The controversy and unexpected cabinet shake-up came less than three months before the Portuguese go to the polls for legislative elections on September 27.

In a television interview Thursday night, Pinho expressed regret for having made the 'cuckold' gesture in parliament.

He said he had been especially upset by criticism from "so-called leftist parties" over what he described as his "tireless" efforts to save jobs at the Aljustrel pyrite mines in southern Portugal. *TPN/Lusa*

UN, Portugal's GNR probe 'friendly fire' incident

The United Nations and Portugal's GNR paramilitary police, serving with the UN's international police contingent in East Timor, announced on Monday that they are opening an inquiry into an incident last week when a Timorese policeman fired at a GNR patrol in Dili. The GNR denied a Timorese media report that its agents were drunk at the time.

"The GNR has opened an investigation process into the affair, and categorically denies that GNR officers were drunk," the paramilitary force said in a statement released from its Lisbon headquarters. Dili's English-language Timor Post had reported the GNR (National Republican Guard) peacekeepers were under the influence of alcohol when they were fired on last Friday.

The incident occurred in the early hours of Friday when a GNR patrol intervened to break up clashes between local residents after a minor car accident.

"During the reinstatement of public order by the GNR officers a Timorese national pulled out a gun and aimed at the agents. The individual fired six shots without causing any injuries to the officers. He was later apprehended and identified by officers of Timor's national force," said the GNR statement.

The officer who fired at the GNR patrol fled the scene before turning himself in and is a serving officer in Timor's national force, the statement added. *TPN/Lusa*

FM reminds peacekeepers of significance of Afghan mission

Foreign Minister Luis Amado on Monday told Portuguese peacekeepers in NATO's ISAF contingent in Afghanistan they serve in Lisbon's most demanding overseas theatre of operations ever and reminded the troops that local Afghan issues have ramifications worldwide.

"There are many nations involved here. Portugal is one of them and our armed forces have a role to perform here," Amado told military personnel from his country. Afghanistan's violent instability cannot be pacified without first creating security, Lisbon's No 1 diplomat told troops.

Hours earlier Amado held talks with his counterpart Afghan opposite Rangin Dadfar Spanta, who thanked his guest for "the big help the Portuguese people are giving us at this very difficult time in our history."

After his 90-minute meeting with Spanta, Amado, who arrived earlier on Monday from neighbouring Pakistan, held separate talks with UN mission chief Kai Eide and with the EU's special representative, Ettori Sequi.

Amado flew to Kabul from Pakistan, where he discussed regional issues, nuclear non-proliferation and relations with the EU with officials in Islamabad.

TPN/Lusa

CINEWORLD SOLUTIONS

>Consultation & System Design
>Residential and Commercial Installation Applications
>Home Cinema Systems
>Multiroom Sound & Video Distribution
>Home Automation >Smart Home Solutions
>Scene Lighting Control > Home Cinema Furniture
>Plasma >LCD TV Pods

Cineworld Solutions Lda
PERFECT FORM & FUNCTION

We specialise in home cinema solutions including: Multi-room Audio/Visual, Data and Communication Distribution, Scene Lighting Control, Power Control, CCTV, Electrical Installation and Cinema Furniture in and around the Algarve region of Portugal.

Our expertise is the design, specification, installation, commissioning and aftercare of domestic and commercial cinema system integration. Please contact us to see how our services and products can improve your lifestyle.

GENERAL ENQUIRIES:
e: info@cineworldsolutions.com t: (00351) 282 312 876
SHOWROOM AND HEAD OFFICE ADDRESS:
EN125, Bloco 1-1D, Vale de Lousas, Alcantarilha, 8365-306, Portugal
www.cineworldsolutions.com

Portugal ready for swine flu

Portuguese health officials revealed this week they had pre-ordered a swine flu vaccine that would cover around a third of the population and that they were negotiating the purchase with a number of pharmaceutical companies. Meanwhile, the EU has this week opted to focus on the seasonal flu virus which kills up to 200,000 people each year in Europe. To date, fewer than 500 people have died across the globe after contracting the A H1N1 virus.

Despite a revelation this week by the National Health Bureau (DGS) that at its peak, the H1N1 virus could affect between 20 to 25 percent of the population at any given time, both the Prime Minister and the Health Minister have gone to great lengths to explain that the country is more than ready to deal with greater parts of the population being affected by the virus.

The vaccine was ordered earlier this week and it is expected to arrive at the end of November.

Health Minister Ana Jorge declined to state which would be the priority groups to receive the vaccine, but admitted that health workers would probably be the first.

The number of Portuguese hospitals equipped to treat swine flu is "sufficient" and more specialised laboratories are being set up to identify the H1N1 virus, according to the Health Minister.

"The situation [in Portugal] is not alarming, but is worrying, and the number of cases will gradually increase as is the case in other countries", Minister Jorge told the Lusa News Agency this week Monday.

The number of infected people in Portugal was 68 at the time of going to press – one of the lowest rates in Europe.

Officials at northern Oporto's São João Hospital confirmed Tuesday that a new specialised lab, Portugal's second, would be operational next week.

Minister Jorge, who spoke to Lusa by telephone from an EU health ministers meeting in Sweden, said a third swine flu lab would be opened soon in the southern Algarve in Faro.

She said the flu strain in Portugal, where the disease has claimed no lives, appeared to be "very benign".

Following the Health Minister's comments, Prime Minister Sócrates appealed to Portuguese to be confident in the ability of health services to cope with H1N1.

"The National Health Service has demonstrated that it is capable of dealing with this challenge in a competent and professional manner", the Prime Minister said.

José Sócrates said there was no reason for alarm, but refused to elaborate on a quarantine system being applied at the height of any possible swine flu outbreak.

Despite growing concerns and hype over the H1N1 virus, the European Commission this week called for the scaling up of seasonal flu vaccinations in Europe.

Depending on the severity of seasonal flu an estimated 40,000 to 200,000 people die every year in the EU.

On the other hand, the swine flu virus has killed fewer than 500 people across the globe out of a total of almost 100,000 cases, which puts the survival rate at about 99.5 percent.

The European Commission this week proposed that EU countries ensure that 75 percent of their elderly population and 75 percent of people with some specific underlying health problems are vaccinated every year against seasonal flu.

This target should be achieved by 2015 at the latest, the EC said.

EU Health Commissioner Androulla Vassiliou said: "This proposal recognises the importance of good forward planning. With A H1N1 we are in a pandemic situation but fortunately, so far, the virus has caused only mild to moderate symptoms in the majority of those infected. "Seasonal influenza will hit Europe in early winter. We need to act now and step up our vaccine capacity for both seasonal flu and A H1N1, and we only have a narrow time frame to do so. This initiative helps to limit the effects of seasonal flu in the most vulnerable groups. It does so by using the means that have proven effective for years, but which, unfortunately, have not been made use of to an extent that would match their benefit", explained the Health Commissioner this week.

In Portugal, readers can contact the 24-hour health helpline on 808 24 24 24 for further information, or visit the Portuguese Health Bureau's website at www.dgs.pt or the World Health Organisation at http://www.who.int/en/

A Thai woman wears a protective mask in Bangkok on Thursday. Thai Prime Minister Abhisit Vejjajiva acknowledged that his government has failed to stop the spread of swine flu, which claimed its 14th human victim on 9 July out of 2,725 infected people. (Photo: EPA/Narong Sangnak)

180 million Europeans to benefit from the EU Health Insurance Card this summer

The European Health Insurance Card (EHIC) – now held by 180 million Europeans - is celebrating its fifth birthday, the European Commission announced this week. Citizens from 31 European countries can use the card to get the medical care they need if they fall ill or have an accident in one of the participating countries (the EU, Norway, Liechtenstein, Iceland and Switzerland).

It is estimated that around 35 percent of Europeans now hold an EHIC, which simplifies procedures and cuts red tape for necessary medical treatment during a temporary stay abroad.

"On a summer holiday, we all expect rest and relaxation, but for an unlucky few it can mean accident and emergency" said Commissioner for Employment and Social Affairs Vladimír Špidla.

"The European Health Insurance Card brings peace of mind to millions of people travelling in the EU. With the card, they can enjoy their holidays without worrying about expensive treatment or complicated procedures should they fall ill or have an accident in another European country", the Commissioner added.

The EHIC covers all health care which is needed during a temporary stay in one of the 31 participating countries, be it for travel, work or studies.

In case of illness or accident, the card entitles the holder to the same medical treatment - and on the same basis - as a local patient. It is as if they were insured in the country they are visiting.

However, the EHIC can only be used within the framework of public health care provision and does not replace supplementary travel insurance.

The card was introduced progressively between June 2004 and December 2005 to replace the previous paper form called the "E111", and is now held by 180 million citizens, or 35 percent of Europeans.

Although individual Member States are responsible for the distribution of the EHIC and issue it in their national language, the card shares a common design. So it is easily recognisable to medical staff, even if they do not speak the same language.

M & J's Food Store
Visit us in Old Town, Albufeira or order now online
Right next to the bus station
Telephone: 289592318 or 936563472
Open from Monday to Saturday from 10:00am 'til late
Sunday from 11:30am 'til 5:00pm
Or shop online at www.mjfoodstore.com
The greatest range of U.K. products in the area
With over 150 different lines of frozen products and 1,400 non-frozen
And don't forget . . . We deliver throughout the Algarve
A DIFFERENT SPECIAL DEAL EVERY DAY
Tune in to Kiss FM on 95.8 & 101.2 for "Kiss Klassix Lunchtime" with Marc Damon ~ Weekdays Noon - 3:00 and Solid Gold on Sundays ~ 1:00 - 3:00

Guaranteed to beat your motor premium!*
Motor Insurance due for Renewal?
Then we have good news for you...
Motor Insurance Price Promise
We guarantee to beat your motor premium on a like for like basis before the 30th June 2009!*
> Policy designed to meet your requirements as an Expatriate
> Understand your insurance policy, with Policy Wording in English
> Superior service, from experienced professionals
> Call Lloyd & Whyte today to secure your quote.
289 360 578 (Boliqueime)
281 325 842 (Tavira)
Lloyd & Whyte International Ltd are authorised and regulated by the Financial Services Authority in the UK. *Normal underwriting conditions apply. Written proof of quotation and schedule of cover may be required.
LLOYD & WHYTE INTERNATIONAL
The Overseas Insurance People
visit www.lloydwhyteintl.com for more information
Home • Motor • Health • Travel • Commercial • Funeral Plans • Marine

WE COME TO YOU - AT YOUR HOME OR WORK PLACE
FRESH AIR
MOBILE VEHICLE AIR CONDITIONING
Use your A/C for 10 mins once a week, even in winter
Get your A/C serviced every 12 months
Does the air from the A/C smell bad, musky or of vinegar?
(caused by refrigerant gas leaks & unhealthy bacteria build up)
Service or repair
State-of-the-art A/C service equipment
First class and reliable service all year round
Recharge/Re-gas to cars and vans
Parts replacement
Leak testing and fault diagnosis
Odour, bad smell removal
ACT NOW! Preventative maintenance will save on expensive bills later on.
Call Nick or Tracey
915 974 283
Silves area, Algarve
www.freshair-services.com

EU set to lift 2-year blacklisting of TAAG

An aircraft at Luanda airport showing the tail fin and logo of a TAAG plane on 20 March 2009. (Photo: Lusa / João Relvas)

The European Union's air safety committee is to recommend that Angolan national carrier TAAG, banned from European airspace since July 2007 over safety concerns, resumes its Luanda-Lisbon services, Angola's INAC civil aviation authority said.

INAC said in a statement that the EU safety commission will meet "shortly" to approve resumption of TAAG flights to Lisbon from the Angolan capital. Portugal's civil aviation authority will carry out safety inspections on TAAG aircraft operating to Lisbon.

Before its EU-wide ban two years ago TAAG operated six flights a week on its lucrative Luanda-Lisbon route. Angola's civil aviation authority did not say when TAAG is expected to resume flights to other European destinations.

TPN/Lusa

Car sales drop over one third in six months

Car sales dropped 36.7 percent in the first half of 2009, with June alone registering a 26.3 percent fall. Only 92,713 vehicles have been sold in 2009, according to data revealed by the Automobile Association of Portugal (ACAP) last week.

In the first six months of this year, passenger vehicles registered a 36.1 percent drop, with just over 73,000 vehicles being sold. The decline eased slightly in June, as 16,045 cars were sold in Portugal, a 23.5 percent drop in comparison to the previous year.

Commercial vehicles have seen a huge drop in sales, with the first three months of this year recording a 38.6 percent fall (17,558 sold) and June a 35 percent drop (2,920).

Trade with Brazil down 45% in first 6 months

Bilateral exchanges between Portugal and Brazil plummeted year-on-year by 45.5% from January to June of this year, on the back of falling global trade, reaching a value of US$ 650 million, according to official statistics.

Figures from Brazil's Ministry of Development, Industry and Foreign Trade show that Brazilian exports to Portugal dropped 49.7% in the first half of the year to US$ 492 million. Brazil's imports basket in the same period was worth US$ 158 million, down 26% compared to 2008.

Brazil had a trade surplus of US$ 13.9 billion in the first half of 2009, up 23% from the US$ 11.3 billion registered last year.

TPN/Lusa

Lusophone energy regulators debate cooperation

Energy regulators from five Lusophone countries met in the Cape Verdean capital on Monday to discuss increased multilateral cooperation.

The general assembly of the Association of Energy Regulators of Official Portuguese Language Countries (RELOP) took place ahead of the group's II Conference on Tuesday and Wednesday in Cidade da Praia.

RELOP joins energy regulators from Angola, Brazil, Cape Verde and Portugal. Mozambique attended as an observer during the Cape Verde meetings.

The five participants represent members of the eight-nation Community of Portuguese Language Countries (CPLP), which is headquartered in Lisbon.

TPN/Lusa

Tax Returns... IMI Bills...
Missed the Deadlines?
We will provide the settlement service and charge
NO OVERDUE TAX FEES*
* Terms and Conditions Apply
Compare our fees:
Fiscal Representation (per couple): 150,00 €
Tax Returns:
Rental Income (per property): 100,00 €
Capital Gains (per property): 250,00 €
IMI Bills Settlement (for Clients): FREE
(+ IVA / VAT)
taxangels FINANCE & TAX EXPERTS Vilamoura - Portugal
Tel: (+351) 289 380048
UK: 020 7193 0650
Rep. of Ireland: 01 443 4998
info@portugal-tax.com
www.portugal-tax.com

Money Mais
Mortgage advisors • Consultores de crédito
DEBT RELIEF
Finances in a mess?
We can help reduce your payments so you can stop penny pinching to meet your monthly outgoings.
Don't delay, call Money Mais to discuss your options.
Call us now on 707 456 007
www.moneymais.com
info@moneymais.com

Insurance
Mortgages
Investments
Simple solutions
www.pic-europe.com
PROFESSIONAL INVESTMENT CONSULTANTS
Independent Brokers
Tel. +351 282 969 288
Bloco Maravista
Rua do Paraíso, 44-46
8400-518 - Lagoa
Carvoeiro
www.insurance4portugal.com · www.mortgages4portugal.com

O'NEILLS Mortgages
www.oneillsmortgages.com
PORTUGAL'S PREMIER INDEPENDENT MORTGAGE BROKERS
* FREE Mortgage transfers.
* Interest only, Equity release, construction, offshore mortgages .
* Base rate + 0.75% spread
eg: €200,000 = €330 per month (interest only)
* We have special conditions with all the banks, so give us a call and beat the credit crunch blues .
Base rate 1.23% for July
Edif. Vilamarina, Loja 49, Vilamoura, 8126-914
Tel: (+351) 289 301 866
Email: office@oneillsmortgages.com

THE PORTUGAL NEWS GROUP is further expanding
We are looking for talented, networked, sales executives with strong business skills to join our group of national companies.
This is an outstanding career development opportunity for an articulate person with a proven track record in customer acquisition and retention.
If you have the required attributes, please Contact
The Commercial Director
Tel 219 010 980

part of THE PORTUGAL News group

Lisbon less expensive

Tokyo has knocked Moscow off the top spot to become the world's most expensive city for expatriates, according to the latest Cost of Living Survey from Mercer published this week.

Lisbon has faired considerably better in this year's list, falling seven positions on the ranking to 64th, with 76.3 points.

According to Mercer, this drop is not only common to the Portuguese capital, but also other European cities. It is explained by the drop in the real cost of living, and also as a result of the huge exchange fluctuations, such as the falling pound and stronger American dollar against the dollar.

Second to Tokyo at the top of the ranking, is fellow Japanese city, Osaka, which us up nine places since last year, whereas Moscow is now in third place.

Geneva climbs four places to fourth position and Hong Kong moves up one to reach fifth. Johannesburg has replaced Asunción in Paraguay as the least expensive city in the rankings.

The period from March 2008 to March 2009 has been characterised by an unprecedented economic downturn, Mercer explained on its website this week.

The global economic crisis has had a direct impact on the Cost of Living indices in the various locations covered by Mercer, and hence on the resulting Cost of Living rankings.

Mercer's Cost of Living survey covers 143 cities across six continents and measures the comparative cost of over 200 items in each location, including housing, transport, food, clothing, household goods and entertainment.

One of Lisbon's shopping centres - the Vasco da Gama in Nations Park. (Photo: Lusa / Inácio Rosa)

Microfinance for Europe's unemployed

When economists talk about microfinance, they are usually referring to tiny loans used to help people in poor countries start their own businesses. But in the midst of the worst recession in decades, microfinance has growing appeal even in powerful economies, the European Commission said in a press statement this week.

The Commission is proposing microfinancing to provide people who have lost their jobs with small loans to start their own businesses and help existing companies expand. The proposal is spelt out in the action plan for jobs.

The loans would be tailored to businesses employing fewer than ten people, which account for more than 90 percent of companies in the EU. They would be eligible for up to €25,000 each.

As a result of the financial crisis, credit has dried up and millions have lost their jobs. The EU economy is expected to shed at least 3.5m jobs this year.

"We want to offer a new start to the unemployed through easier access to credit to set up or develop new businesses," said employment commissioner Vladimír Špidla. "And we want to help small businesses to develop further despite the crisis."

About €100m in existing EU funds would be reallocated to the scheme. The initial budget could generate more than €500m with help from other financial institutions such as the European Investment Bank.

Young people who want to start or develop a small business will benefit from financial assistance, mentoring and training in drawing up business plans.

If approved by EU leaders and lawmakers, the microfinancing could be available as early as next year.

Iberian Nanotechnology Institute inaugurated this month

The Iberian Nanotechnology Institute, jointly created by the governments of Portugal and Spain, opens its doors later this month in the northern Portuguese city of Braga with a business conference.

The new institute begins operating fully in 2010 with around 200 research scientists. The date for the institute's inauguration has yet to be announced for security reasons, a source in the organisation told the Lusa News Agency.

Spanish King Juan Carlos and Prime Minister Jose Luis Zapatero are expected at the opening together with senior Portuguese officials.

Headed by Professor Jose Rivas Rey of Spain's University of Santiago, the Iberian Nanotechnology Institute involved an initial investment of €30 million by Lisbon and Madrid. When fully operational next year, the centre will have 200 researchers from Spain, Portugal and other countries. *TPN/Lusa*

Aviation agreement signed with Azerbaijan

The European Union and the Republic of Azerbaijan this week signed an aviation agreement which will give all European airlines the possibility to fly between any EU Member State and Azerbaijan.

The agreement will be the basis to further strengthen aviation relations between the partners.

"The agreement recognises that airlines in the EU are not any longer national airlines, and all of them will thus have non-discriminatory access to the air transport market between the EU and Azerbaijan. This is an important step in our external aviation policy and a further building block in our policy towards neighbouring countries," said Commission Vice-President Antonio Tajani, responsible for transport.

Readership figures which are officially audited
Tel 707 500 677

Why is it now time to start looking forward?

Because there are steps you can take today to combat low interest rates, compensate for exchange rates and be well placed for market recovery. Contact Blevins Franks to discuss a strategy to protect your long-term wealth.

over 30 years of trusted financial advice

Unique solutions for tax and private wealth

Gavin Scott SENIOR PARTNER
gavin.scott@blevinsfranks.com

Adrian Hook PARTNER
adrian.hook@blevinsfranks.com

289 350 150

BLEVINS FRANKS
www.blevinsfranksinternational.com

Blevins Franks Financial Management Limited is authorised and regulated by the UK Financial Services Authority. Blevins Franks Trustees Limited is authorised and regulated by the Malta Financial Services Authority.

TAX CONSULTANCY • INVESTMENT MANAGEMENT • TRUSTEE SERVICES • RETIREMENT BENEFIT SOLUTIONS

Nukes: The Cart Before the Horse

Speaking in Moscow on 7 July, President Barack Obama was the very soul of reasonableness. The United States and Russia must cooperate to stop the proliferation of nuclear weapons, he said, while keeping the goal of a world without nuclear weapons always in sight: "America is committed to stopping nuclear proliferation, and ultimately seeking a world without nuclear weapons."

US President Barack Obama shakes hands with Russian Prime Minister Vladimir Putin during a meeting at Putin's home Novo Ogaryovo in Moscow, Russia 07 July 2009. President Obama is in Moscow to meet with Russian President Dmitryi Medvedev and Prime Minister Vladimir Putin prior to the G8 Summit in Italy this week. (Photo: Lusa/EPA/Shawn Thew)

Unfortunately, that is the wrong way round. The deal that underpinned the Nuclear Non-Proliferation Treaty, signed way back in 1968, was that the five great powers who already had nuclear weapons would gradually get rid of them. In return, the rest of the world's countries would not make them at all. But more than forty years later, none of those five countries (the US, Russia, Britain, France and China) has kept its side of the deal.

In the circumstances, it's remarkable that only four more countries have developed nuclear weapons. Three of them (Israel, India and Pakistan) never signed the treaty at all, and the fourth (North Korea) signed it in 1985, quit it in 2003, and then tested its first bomb in 2006. But the queue of those who are now thinking about doing it stretches down the block and around the corner.

"Any (treaty)...has to have a sense of fairness and equity, and it is not there," said Mohamed El-Baradei, director general of the International Atomic Energy Agency, in an interview with the Guardian newspaper two months ago. "We still live in a world where if you have nuclear weapons, you are buying power, you are buying insurance against attack. That is not lost on those who do not have nuclear weapons, particularly in (conflict) regions."

It was probably the US invasion of Iraq that made the North Koreans go nuclear, for finding yourself on President Bush's short list for invasion (the "Axis of Evil") is bound to be a bit unnerving. That may also explain why the Iranians put their nuclear programme into high gear – although there is an ideological difficulty here.

Just last month, Iran's Supreme Leader, Ayatollah Ali Khamenei declared once again that "Nuclear weapons are religiously forbidden in Islam and Iranian people do not have such a weapon." Since Khamenei is a religious scholar, we may presume that he is not lying when he says that nuclear weapons are forbidden (haram) in Islam. Ayatollahs do not trim their conclusions on such matters to suit the tactical needs of the moment.

So how does Khamenei reconcile this principle with the obvious fact that Iran is relentlessly developing all the technologies needed to build nuclear weapons? "Virtual nuclear weapons," of course. You get all the technologies and the enrichment facilities up and running, you continue to the point where you could build your first nuclear bomb in only a few months – and then you stop.

So far, all legal and morally correct. But if a hostile nuclear-armed country starts making open threats or secret preparations against you, you throw your legal and/or moral qualms out the window, quickly cover the remaining distance and presto! You have your own nuclear deterrent.

"This is the phenomenon we see now and what people worry about in Iran," said El-Baradei in May. "And this phenomenon goes much beyond Iran. Pretty soon...you will have nine weapons states and probably another ten or twenty virtual weapons states."

It's legal because another part of the deal that underpinned the NPT gave all the signatories the right to develop nuclear power for peaceful purposes. Since the technologies for enriching nuclear materials for fuel in reactors are basically the same as those for enriching them to weapons grade – you just run the fissile material through the process many more times – every country has the right to become a virtual nuclear weapons power.

The only thing that can stop the rapid spread of nuclear weapons now, argues El-Baradei, is a genuine move by the existing nuclear powers to get rid of their weapons. If they finally kept their forty-year-old promise, it would change the whole psychology that drives the current wave of proliferation. Can they?

It has to start with the US and Russia, who still own 95 percent of the world's nuclear weapons. The agreement that the United States and Russia signed in Moscow on 6 July doesn't begin to meet that requirement, proposing only that the new Strategic Arms Reduction Treaty (START) which must be signed by the end of this year will reduce their long-range nuclear weapons by up to a third within seven years. That's not nearly enough.

But maybe they're just trying to lower expectations. Maybe, by the time they actually finish negotiating the treaty in December, it will decree ninety percent cuts within three or four years, leaving Russia and America with only enough nuclear weapons to destroy a couple of hundred cities each. That might be enough to turn the tide and stop the proliferation.

El-Baradei got it exactly right. If that is done before the NPT comes up for review next April, "you would have a completely different environment. All these so-called virtual weapons states... will think twice... because then the major powers will have the moral authority to go after them and say: 'We are doing our part of the bargain. Now it is up to you.'"

But the existing nuclear powers have to move first.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

Insure your property in Portugal through The Portugal News

PROPERTY INSURANCE

UP TO 40%
RISK RELATED DISCOUNT ON PROPERTY INSURANCE

This exclusive Intasure policy, underwritten by **LLOYDS OF LONDON**, has been specially designed to meet the needs of property owners in Portugal. It is available exclusively through ***The Portugal News*** in Portugal.

For more information, call 707 500 025. You will receive friendly advice and a quick quote with absolutely no obligation.

- √ **Buy on the phone**
- √ **Instant cover**
- √ **Underwritten by** LLOYDS OF LONDON
- √ **Fully comprehensive cover**
- √ **Policy documents in English**
- √ **High level of public liability**

As an owner of a property in Portugal make sure you get the right insurance cover, designed specifically for you.

- Your cover is underwritten by one of the world's leading insurers - **Lloyds of London**
- Up to 40% risk-related discount available, depending on security, claims experience, excess level and your age
- Your property is covered whether occupied or unoccupied
- Your property is covered if let short term or long term
- Excellent discounts for choosing higher excess
- All policy documents are in English
- Policy covers your swimming pool as well as buildings
- Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
- All claims are reported to and resolved by a UK based English speaking team
- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

The Portugal News

intasure™ Insurance that speaks your language

Call 707 500 025 for more information and a quick quote

Authorised and regulated by the Financial Services Authority

Two police officers shot in the face

After responding to an incident in the Bairro de Santa Filomena (Amadora) on Sunday afternoon, two PSP officers were wounded when both were shot in the face by hooded suspects.

According to Lisbon's Metropolitan PSP Unit the two officers had been called out following reports that a group of individuals were preparing to carry out a series of robberies in the Bairro de Santa Filomena, which is notorious for being one of Amadora's most problematic area.

Shortly after they arrived shots were fired at the officers and their vehicles. Both were hit in the face and rushed to Lisbon's São José Hospital.

Before being shot the officers spotted two individuals sporting hoods fleeing into the neighbourhood. Backup police subsequently surrounded the neighbourhood in an attempt to find the criminals. Five suspects have been identified but not yet found.

Police stand watch over Santa Filomena where two policemen were shot on Sunday. (Photo: Lusa / Miguel A. Lopes)

Eight arrested on suspicion of arson

Between January 1st and June 22nd this year, nearly the same number of people have been arrested on suspicion of starting fires compared to the whole of last year.

So far this year eight suspected arsonists have been arrested in six months, in comparison to ten suspects that were arrested during the whole of 2008.

According to PJ police, one person was arrested during the first half of 2008, when during the same period of 2007 five people were detained. This year that number rose to eight, in six months, but just two less detentions than during the whole of 2008.

Of those eight detentions, the majority of which took place during the month of March, one suspect remains in police custody and two have been identified.

It was in March that 20 major fires were fought and consumed 70 percent of the total land burnt so far this year.

By month, five people were arrested in March, two in June and one in April.

According to the PJ police, the typical socio-economic profile of a Portuguese forest arsonist is a single male, who can't read or write or who has just primary schooling, unemployed or a unskilled worker, or, in some cases, is a fireman.

In most cases a match, lighter, candles or fire-starters are used to start the blaze, which generally happen between 12h00 and 16h00 or at around 20h00 close to the place where the arsonist lives.

Chinese President Hu postpones Lisbon trip due to crisis

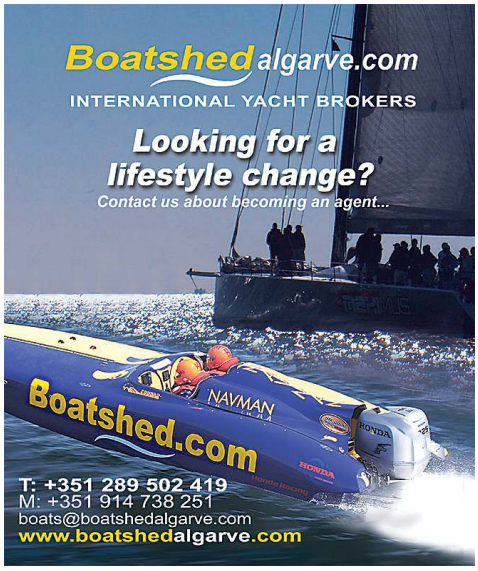
The Chinese government confirmed Wednesday that President Hu Jintao's state visit to Portugal on Friday will be rescheduled due to violent conflicts in China's Xinjiang province, officials said, but a bilateral business forum in Lisbon with over 200 Chinese business leaders will go ahead.

A Beijing diplomatic source told the Lusa News Agency the postponement of Hu's Portugal visit was communicated to Lisbon's embassy in the capital by the Chinese Foreign Ministry.

Xinhua news agency reported a new date for Hu's visit will be arranged by Lisbon and Beijing.

President Hu, who was in Rome to attend the G8 summit, had been due to begin a two-day visit to Portugal on Friday, once the summit had been completed.

His visit had been timed to coincide with the Luso-Chinese Trade and Economic Forum in the Portuguese capital, bringing a record number of top Chinese executives to Portugal. This event will still go ahead despite Hu's return to Beijing. *TPN/Lusa*



If we can't insure you, no one can!

Jim Player Lda.

ALL TYPES OF INSURANCE:

Car (UK & Portuguese)
Motorbike (Portuguese)
Building & Contents
Travel (Single and Annual)
Health
Business
Life / Pension
Workers
Golf
Boats / Jet Ski
Pets

We offer you our 28 years experience in the insurance business to provide you with the best service.
JUST GIVE US A CALL

James B. Player Seguros Lda
Apartado 3017 • 8135-901 Almancil
Tel: 289 395 662 • Fax: 289 395 429
Email: insure-player@mail.telepac.pt

MONTE's
Family Dining - Coffee Lounge. Separate children's menu
Located at Boavista Golf Resort, Lagos

Lunchtime Special 2 Courses €7.50

AVAILABLE FOR WEDDINGS AND PARTIES WITH NO VENUE COST.

From 2nd June open Tuesday night and Wednesday to Saturday for lunch and dinner. Closed all day Monday

Every Sunday 12.00 noon – 5.00 p.m. Traditional Sunday Roast €10.50 and children €5.50 with free glass of rosé wine on arrival

From Friday 19th June every Friday eat as much as you can buffet for €10.00 and children €5.00 from 7.00 p.m. – 10.00 p.m.

From Wednesday 24th June and every Wednesday eat as much as you can BBQ for €10.00 and children €5.00 from 12.00 – 3.00 p.m.

Book Now to Avoid Disappointment.

Telephone: 282 764 382 Website: www.montesrestaurantlagos.com

SOLAR GRID CONNECTION

Feed-in tariff 0,615 €/kWh

Quotes, Registration, Installation, Maintenance

Fixed roof installation (25º inclination)

	kWh/year*	€/year	Treturn [y]
Sagres	6.048	3.931,20 €	6,1
Beja	5.537	3.599,05 €	6,7
Lisboa	5.126	3.331,90 €	7,3
Santarém	5.245	3.409,25 €	7,1
Coimbra	4.828	3.138,20 €	7,7
Braga	4.907	3.189,55 €	7,6
Bragança	5.031	3.270,15 €	7,4

* Vaues estimated by PV Syst

FFsolar Lda.
P. I. da Feiteirinha, Lt. 1
8670-440 Aljezur
Tel/Fax: +351 282 998 745/6
mail@ffsolar.com
www.ffsolar.com

Our experience is your security*

FF SOLAR
Sistemas de Energias Alternativas Portugal, Lda.
*since 1989 in Portugal

President visits Silves

President Cavaco Silva and the Mayor of Silves Isabel Soares during the inauguration of the building works to renovate Silves Castle. (Photo: Lusa / Luis Forra)

Cavaco Silva visited Silves last weekend for the official presentation of the renovated Silves Castle. The President of the Republic lauded Silves for its futuristic vision and its capacity for attracting tourism to its cultural heritage.

"During these hard times, I have stressed the importance of having a vision for the future" said Cavaco Silva, adding, "we must be prepared to take advantage of opportunities by being competitive on many levels."

During the presentation of the recently renovated Silves Castle, which took six years to complete at an estimated cost of around €1.5 million, the President of the Republic recognised the profitability of these cultural investments: "It is a great investment, in a council that has been able to create its own competitive tourism, focusing on culture, and affirming itself as a cultural attraction of great environmental quality."

"This investment shows that the Algarve isn't just about the beach and the sun" stated Cavaco Silva, saying the renovation of one of the most important castles in Portugal was an investment in culture, in a council that unites both the countryside and the coast.

Having begun in 2003, renovations to Silves Castle consisted of improving the walls and the indoor/outdoor spaces, with costs estimated at €1.5 million.

Brownies donate bike

The 1st Algarve Brownies sold carnations on Valentines Day 2009, to give to friends at the International School of São Lourenço to raise some money. The Brownies then held a Pow Wow and made a decision to help a local girl of about the same age. ASCA identified Casandra Patricia Rodrigues who is 8 years old, living in Almancil who desperately dreamed of owning a bicycle. Casandra was invited to the Brownies final event of the year, a swimming party and she was presented with her surprise bicycle.

This year sees the centenary of Girl Guiding UK and the 1st Algarve Brownies intend to hold a Garden Party for anyone who has ever been involved in the Girl Guide movement. If you would like to register to be invited please drop a line to mdaud @mail.telepac.pt

Brownies present bike to a young girl in Almancil.

AIRC presents hoists

Almancil International Rotary Club (AIRC) purchased and presented the Associação Portuguesa de Paralisia Cerebral (AAPC) in Faro with two chair hoists for moving people who, for safety reasons, cannot be lifted directly by the staff into and out of wheelchairs or to take advantage of therapeutic facilities.

The funds were raised through weekly donations by members and their guests, together with a donation by Restaurant Couleur France, the AIRC meeting place. Shown are from left to right the President of AIRC Peter Hinze, Sra. Graciete Maria Pontes de Campo, Technical Director of AAPC, and AIRC Chairman of Community Services Volker Biebesheimer.

AIRC meetings are held every Wednesday at 13.00. For further detail please see: email president@rotaryalmancil.org, www.rotaryalmancil.org, or telephone 289432286.

TAVIRA AUCTION
Saturday 18th July
Doors open at 9am
Auction starts 10am
Viewing Friday before 10am - 6pm
Household items | Furniture | Antiques
Soft Furnishings | Pictures | Bric a Brac
ANYTHING TO SELL?
Please phone EMMA on
916 138 059 / 060
For more information: www.algarveexpats.com
Opposite the new
Gran Plaza Shopping Centre
in Tavira

Come Fly With me
Aero Algarve providing scenic flights for 29 years
• Banner Towing
• Weddings
• Birthdays
• Aircraft Rentals
Based at Alvor Aerodrome • Open 7 days 10am til late
Civil Aviation licensed and fully insured • For more info call
Ken 964954279 • www.aeroalgarve.com

Don't miss a visit to the
FARO JEWISH HERITAGE CENTRE
Synagogue Museum
The only remaining vestige of the
1st post inquisition Jewish Presence in Portugal
Open Weekdays 9h30 – 12h30 & 14h00 - 17h00
Tel: FJHC: 289 829 525 • Sr. António (Guide): 925 071 509
Ralf: 968 440 414 • email: Ralf.Pinto@sapo.pt
www.farojewishheritagecentre.org/

'BEST OF BRITISH'
SUPERMARKET
Over 1,000 lines of products
THOMAS GREEN'S
OLHOS DE ÀGUA
ALBUFEIRA
THOMAS GREEN'S
'THE BEST OF BRITISH'
NEW ARRIVALS
OVER 3,000 PRODUCTS JUST ARRIVED
Open
Monday to Friday
10am to 7pm
Saturdays and
Bank Holidays
10am to 5pm
Visit us at
Praça do Mercado,
Loja 12
Olhos de Agua
(Close to the
Municipal Market)
Our BOOK EXCHANGE is now up and running!
Telephone: 289 541 119 • albufeira@thomasgreen.pt
www.thomasgreen.pt

direct gardeur
High quality clothing
One of the largest selections of gardeur ladies clothing in Europe, at unbeatable prices.
SPRING SUMMER collection now in
BIRKENSTOCK
shoes for men and women
Monday - Friday: 10am - 6pm
Saturdays: 10am - 4pm
Rua Direita, Praia da Luz (parking available behind the Store on Rua do Ramalhete) Call 282 788 630 or www.gardeurdirect.com

Europe's largest bike meet invades Faro next weekend

Last year some 23,500 people came from all over the world and this year it is hoped that even more will participate in what is one of the largest biker gatherings in Europe, the Faro bike rally, which will take place from July 16th – 19th.

Far from being exclusive to bikers or bike-aficionados, the annual Faro Bike Rally now has as many conventional visitors as it has non-conventional followers.

In fact it is embraced by locals who look forward to seeing the huge mass of bikes invade the city's streets and are genuinely fond of their leather-clad riders. Few disturbances have been reported due to the bike meet and last year no road fatalities were related to the event.

People of all ages and backgrounds visit the rally's expansive site, which is situated between Faro Airport and Faro Island.

Located a little over a kilometre from Faro Airport, the noise generated at the camp site by the tens of thousands of bikes easily drowns out the noise made by jets landing and taking off. It does, however, also create a certain amount of chaos and people needing to travel to Faro Airport on those days are encouraged to set off earlier than usual.

Every night will feature live entertainment, which along with the popular bike displays and infamous wet T-shirt competitions, this year features bands ranging from Italian Iron Maiden tribute band 'Children of the Damned' to Lisbon school St. Dominic's choir and popular Portuguese singer David Fonseca.

There is a large open-air market offering everything from Moroccan accessories and top-of-the-range bike equipment to tattoos and piercings, along with a large open-air arena area where the main stage and eateries are.

This year concerns were raised when instructions were given for the rally's traditional layout to be changed and subsequently a large part of the camping area and the fair have been relocated to a new position due to territorial legalities. Entrance to the market is free, while tickets cost €40 for those looking to set up tents for the duration of the event.

This year is the 28th consecutive year that Moto Clube de Faro has organized the increasingly successful event.

On Sunday July 19th the annual closing parade will take place, when the thousands of bikers pass through the streets of Faro to bid farewell for another year.

The meet in 2007 on their final parade, showing that the weekend provides something for all the family. (Photo: Lusa / Luis Forra)

Loulé International Art Fair first of many

The Algarve's first international art fair staged at the Expo Pavilion in Loulé was held at the end of last month, with just over 2,000 visitors passing though the doors during the three day event between June 26-28.

The Fair's aim is to bring art lovers and artists throughout the region and elsewhere into direct contact with each other.

Rolf Osang, Director of Arte Algarve, said: "The Fair has been a big success. We have achieved our objective of introducing a wide section of the art-loving public of the entire region to an ongoing event which will provide artists working and living in Portugal and other countries with an unrivalled opportunity to show their work to serious collectors and investors."

He added: "We are now planning our next Fair which will take place at the end of the year and there will be others to follow. There is no doubt that the concept of Arte Algarve has added a new dimension to the cultural fabric of the Algarve and has placed it well and truly on the European map of the art world."

A total of 52 artists of various nationalities including Portuguese, English, Welsh, Dutch, German, Brazilian, Italian, French, and Polish participated.

The work on display ranged from paintings, sculptures, photography, jewellery and art furniture.

Below. An aspect of the first Loulé International Art Fair

Algarve Classic Cars a resounding success

A total of 160 classic cars gathered for the three day event 'Algarve Classic Cars 2009'. The event was considered a great success and brought great spirits to everybody involved.

The event became extremely competitive this year as it took place at the Algarve MotorPark for the first time, with competitors' adrenaline in full flow during their five lap race at the new racetrack.

All drivers, from all over Europe (Portugal, Belgium, France, Germany, Spain and England), displayed great camaraderie, enthusiasm and a will to win the event, which had several racing stages throughout the weekend.

Exhibiting classic stunners, such as Rolls Royce, Bentley, Porsche, Jaguar, BMW, Aston Martin and Ferrari, the competitors travelled about two hundred kilometres around six Algarvean councils.

According to Luís Brito, from the Algarve Classic Cars organisation, "this year's event was a true challenge because participants had the opportunity to drive a demanding and varied route. We combined the usual road stages with the classifications at the AIA (Algarve MotorPark) and the Almancil Karting, much to the drivers' delight."

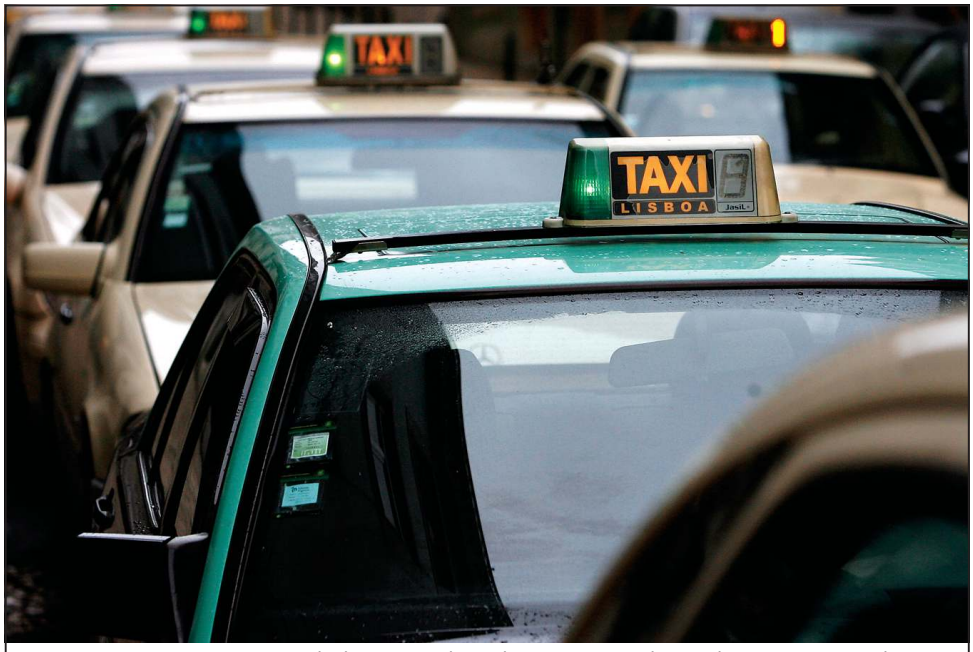
This year's winning team was Nuno Serrano and Alexandre Berardo, in a 1968 Porsche 912.

ALGOZ ANTIQUES & DECORATION
Visit our shop in Algoz (next to the Post Office) and find a fascinating selection of antiques
We pay fair prices for articles you may wish to sell inc. gold jewellery in any condition
We also sell vintage clocks & watches
Open: Mon - Fri 10 - 6 Sat 10 - 2
Please contact 282 574 158 • 967 044 773
www.algozantiquesanddecoration.com

BRITISH FOOD AT LOW PRICES
UK FOOD SUPPLIES
LAGOS
Over 80 Herbs and Spices
*Find our English products cheaper in the Algarve we'll double the difference.
*Based on their normal price, offers and promotions excluded
WWW.UKFOODSUPPLIES.COM

UK'S LARGEST COMBINED PLUMBING & DRAINAGE COMPANY IS NOW IN PORTUGAL
Offering Fast Professional Service Throughout The Algarve
DrainDoctor®
CANALIZAÇÕES
"QUICK AS A WINK!"
All Plumbing
Drain Cleaning
CCTV Surveys
Jetting
Root Removal
Drain Relining
On Call 24 hours/7 Days A Week
Call: 289 425 480
For Speedy Service

ALGOZ
British Grocery • Supermarket
PAY LESS FOR MORE
LET THE MAGIC IN
DIANA IS BACK!
We believe we have the largest range of British products with the lowest prices.
Over 12,000 products in stock
All imported from the UK
OPEN 7 DAYS
Mon - Fri 10am-7pm • Sat 10am-5pm • Suns & hols 10am-2pm
Tel 282 575 061 Fax 282 574 416
Email: weborder@letthemagicin.com
Main street, near the Post Office with own car park



Taxis parked at a taxi rank in Lisbon, January 22nd 2009. Photo: José Sena Goulão/LUSA

Lisbon taxis enter digital world

Representing an investment of €1.3 million, hundreds of Lisbon's taxis will be fitted with a digital system, which registers all the clients' requests and routes, also enabling the vehicle's exact position to be automatically pinpointed at any time.

Rádio Táxis Lisboa currently have around 800 vehicles and this new digital system will improve the company's services dramatically as all vehicles will be interconnected by a complex network, providing instant communication between the central office and the vehicles. Customers will now be able to request taxis by texting, email or with an automatic voice recognition service.

"Now we can tell a customer how many taxis are at the taxi rank; if the taxi is at the top of the street; how many minutes it will take to get to your door; and to know which are the busiest taxi ranks and how many reservations were made for that location. This means we will start to distribute the vehicles where they are needed most in a semi-automatic way, which stops them roaming around the city" said José Dionísio, president of Rádio Táxis, adding "From the moment a request is made, there is a locating process for the vehicle and then the whole route will be registered, which will be useful, for example, if the client forgets something or to follow a child's route."

Rádio Táxis will also be creating personalized cards, which will allow the client to receive alerts by SMS or email regarding the transportation of children or elderly people, letting them know what time and where they were dropped off.

This new system will not cost anything to customers and is planned to be used in 800 taxis, with around 3,500 drivers.

www.the-news.net

Courts suspend Martim's adoption

After staging several protests in the past few months, Martim's mother finally got the decision she hoped for as Cascais Courts have suspended the adoption process for Martim and given permission for the teenage mother and her child to reunite once again.

The Court's decision was reached one day after Ana Rita Leonardo, joined by her relatives, made a journey to Fátima to pray for the return of Martim.

According to the family's lawyer, Isilda Pegado, with this turnaround of the process, a team made up of members from the Child Protection Committee will proceed to the re-evaluation of the parents' living conditions to take care of Martim, who was sent to Aboim Ascensão refuge, in Faro, in February 2007.

Having not seen her son for over six months, Ana Rita must now wait for the Aboim Ascensão refuge to be officially notified by the Courts before she can visit her son. "I couldn't be happier, words cannot express my feelings" said the teenage mother after receiving the news, also saying she will be making her way to the Algarve as soon as possible.

After staging protests outside Cascais Courts, Aboim Ascensão refuge, the Cascais Family Courts, carrying out a hunger strike and making a journey to Fátima, Ana Rita's efforts have finally paid off as she will soon be reunited with her son.

With the father's family also wanting custody of the child, Isilda Pegado, who represents both the mother and the father, has set aside the possibility of any future court battle. "There is an agreement, which says that the child needs both a father and a mother so no dispute will be taking place" said the lawyer. Given the fact that they live in parallel streets, it will not be difficult to appease both parties: "It would not make sense to have a new court battle after this lengthy process" stated Isilda Pegado.

New rubbish vehicles unveiled

Sintra Council and waste management company SUMA presented a new fleet of rubbish trucks, which use an innovative mechanised side-loading system designed to save time, with an investment value of €4 million.

"This is a system that allows us to be more efficient and effective, so that we can serve our citizens in a better manner, for the same cost" said the Chairman of Municipal Business Public Hygiene (HPEM) of Sintra. The side-loading system these new rubbish trucks employ produces a reduction in noise during the collection and allows for a reduction in human resources as the system is automatic, needing only the driver to operate the robotic machine.

During the presentation of the two new side-loading waste trucks, a further two collection vehicles, with cranes, and waste container cleaning machines with a 6,000 litre water capacity were unveiled, as well as 2,500 new rubbish containers and three maintenance support vehicles.

Waste management company SUMA "invested €4 million, which reflects the trust and recognition of the quality of the services provided during the thirteen years of effective work in Sintra" said Jorge Rodrigues, administrator of SUMA.

Fernando Seara, Sintra Mayor, said that this project has "allowed Sintra to be placed at the pinnacle of quality and distinction, in urban environment matters, recently being awarded the first prize in a national competition for the management of urban waste 'Clean Cities 2008'."

Restaurant Week set to return to Lisbon

Having been created in New York sixteen years ago, the Restaurant Week allows people to eat quality meals at discount prices. This year, in October, the concept returns to Lisbon and Oporto for the second time.

"The Restaurant Week has come to stay. It will take place in October in Lisbon, from 8th to 18th, and in Oporto, from 21st to 31st, and who knows, maybe in another city of the country soon" said José Borralho, the man in charge of the project in Portugal.

The Restaurant Week is held for the purpose of providing people with access to quality food establishments for accessible prices, with customers visiting exclusive restaurants, such as Eleven, Faz Figura or Varanda (Hotel Ritz), but paying as little as €20.

After the first Restaurant Week took place between 21st and 30th May, being prolonged to 4th June, at 25 restaurants, organisers considered it to be a great success: "The restaurants were extremely happy, as were the people. We had a total of 12,506 meals sold. The restaurants had a growth of sales of around 70% and, from the clients who took up the opportunity during Restaurant Week, around 90% had never been to any of the restaurants and have since returned" said José Borralho.

All 25 restaurants participating in the first Restaurant Week will be participating once again, together with a further 10-15 restaurants.

The event also has a charitable side to it, for each meal sold, one euro is sent to social causes.

From the last event, €6,253 were sent to the 'Mulheres de Vermelho' cause, an initiative of the Portuguese Cardiology Foundation, and the same amount to Sic Esperança.

ENGLISH DENTAL SURGEON
Dr. Francis Haley
B.D.S.
(Guy's Hospital, University of London)
Av. 25 Abril, 184 - 1ºC 2750 - 511 Cascais
Tel: 21 486 3012
http://clinic.cdhaley.pt

Optimus Alive rocks Oeiras

In its third time around, the Oeiras Optimus Alive is set to raise the bar once more with an impressive array of artists to perform at the Passeio Marítimo de Algés. The organization has played it safe by bringing world renowned artists, together with up-and-coming bands.

Having started on Thursday, with performances on the main stage from Metallica on Thursday and the Prodigy on Friday, thousands are expected to flock to the Passeio Marítimo de Algés in the upcoming days. A total of 48 bands will have played by the time the festival is over.

On Saturday, Portuguese rapper Boss AC will get the party going on a day which is dedicated to pop, rock and hip hop, with the high point of the night being the Black Eyed Peas concert.

On Sunday, the final day of the Optimus Alive, Dave Matthews Band will end the event with a bang.

With three stages (Optimus stage, Super Bock Super Rock stage and a third stage dedicated to Portuguese bands) holding concerts over the weekend, the entertainment will be non-stop until the early hours of the morning, with DJ sets on the third stage.

Being a music, art and science festival, Optimus Alive this year presents a photographic exhibition from Rita Carmo, reporter from Blitz magazine, as well as a space where DNA can be extracted from a strawberry and also where one can make a 3D tour of the human body.

This year the festival is held in conjunction with celebrations for Oeiras Council's 250 years of existence.

Elevated prices keep investors away

The excessive cost of housing, the lack of parking, noise and the failure of landlords to renovate were just some of the problems pointed out during a public survey of Lisbon's Local Habitation Programme (PLH).

According to the results from the survey, disclosed in a report, participants focused on the importance of living their everyday lives in the City's neighbourhoods, with urban cleaning, green spaces and esplanades being a priority.

Many were dubious about buying property for rental in Lisbon due to a lack of trust in the renting market, mainly because many tenants don't pay their dues. Other reasons for not buying property were the difficulties in finding parking spaces, excessive noise, problems in carrying out renovations to homes and excessive prices asked for properties.

The PLH public survey took place between May 21st and June 21st, having gathered over 1,100 answers about the objectives of the PLH and received over 300 individual comments.

Senses Skin Care Centre goes mobile

It is human nature to want to look our best most of the time, but summer is a particularly popular time for the appearance to be kept in tip-top condition. With this in mind, beauty specialist Senses Skin Care Centre has introduced a range of new products and services to help achieve beauty objectives with minimal effort.

Firstly, the eyes: the windows to the soul. To help achieve stunning eyes Senses has introduced 'Lash Perfect' eyelash extensions, which differ from regular fake lashes as they look and feel totally natural - only you will know they're not. Available in five different colours - black, brown, wine, blue and green - they are ideal for special occasions or every day use, being thicker, longer, and much more natural looking than any of their rivals. A full set of 'Lash Perfect' extensions (50 - 100 lashes per eye), with one maintenance session (after the first two weeks), will last four to six weeks. However, with regular maintenance a full set can last for a 10-12 weeks.

This should be followed by a recommended week's rest and a full, fresh replacement. As the lashes are individual and are individually applied, with a special adhesive that does not come into contact with skin around the eye, a more natural look is achieved. A full set takes between one-and-a-half to two hours to apply. Half sets or 'flicks' for the corners of eyes are also available.

Regular eye make-up, but preferably oil-free, can be used with 'Lash Perfect' extensions, which are also water, sun, and general 'wear and tear' resistant.

Flutter as much as you like!

To further assist in your mission to be beautiful Senses has launched a mobile service, meaning you don't have to go to them, they will come to you, anywhere across the Algarve.

As well as organising 'Pamper parties', individual treatment sessions or group treatments can also be organised. This is an ideal arrangement for special occasions like weddings or birthdays, as well as being a lovely treat for yourself or anyone else.

Any of Senses' treatments can be enjoyed via the mobile service, most of which are exclusive in Portugal, like the famous Jessica manicures and pedicures and the renowned Dermalogica facials. Senses provides all of the equipment and products - all you need to supply is the room.

Other recent and successful introductions are the Botox and Radiesse dermal filler treatments, which are done by a highly-qualified Harley Street specialist who makes frequent visits to Senses. Call Senses for more information on available dates and times for these treatments.

And to top it all off, Senses are offering 25% off all non-surgical facelifts.

Self-employed beauty therapists interested in working under the Senses name are also welcome to contact the centre.

Contact Senses to find out more about any of their treatments, products or services.

Money Mais celebrates their first 150 mortgages

Money Mais, the Algarve's independent mortgage broker, has recently celebrated their first 150 Mortgages.

At a company lunch held at 'A Colina Restaurant' in Ludo Valley, near Almancil, Money Mais celebrated their 150th completed mortgage since inception. The company was established in August 2007 and is based in Loulé in the Algarve.

Money Mais' core business is arranging mortgages and personal loans for Residents and Non-Residents. Gail Serra, the Office Manager has been an integral part of the team since day one, and was delighted to be handed the keys to the first Money Mais car, a white turbo diesel Citroen C4.

Gail was awarded the car in recognition of her contribution to the success of the business and her dedication to giving Money Mais clients great customer service. 'I can't wait to start driving around the Algarve in this car, it looks absolutely brilliant, I hope it's the first of a Money Mais fleet of cars' Gail said. 'Now, wherever I go, everyone will know that I can help them with their mortgage needs, and you never know when I might meet someone who wants to change their mortgage, I really am a traveling Mortgage Broker!'

If you need a little financial relief, or if your finances are in a mess, then mortgage advisors Money Mais may have the solution. Their aim is to help reduce your payments so you can stop 'penny-pinching' to meet monthly outgoings.

Abode Furniture: Four years on and still beating the trend!

Since opening in 2005, Abode Furniture has bloomed into Portugal and Spain's leading furniture-pack supplier as well as continuing to offer an extensive range of products from their retail showroom in Lagos.

Formerly known as Planet Sofa & Beds, Abode Furniture is a family-run business which prides itself on both the quality of service and quality of product it offers. Over the years it has been this down-to-earth, reliable approach that has made the name so popular both here in Portugal and in the UK. Whilst they are now more well known for being Portugal's leading furniture-pack supplier, Abode Furniture continues to pride itself on the variety and quality of its retail side of the business, which is thriving. Owner Mike Frayling attributes this to "Our ability to buy in large quantities and then pass the cost saving to our retail customers".

Having recently celebrated its fourth anniversary, the original showroom located at Praia Dona Ana, Lagos has been doubled in size to 6,500 sq ft and offers thousands of individual items, ranging from decorative accessories like vases, mirrors and cushions to an extensive range linen and bedding all of which offer exceptional value.

Abode continues to stock large quantities of the brands and products for which 'Planet Sofa & Beds' became renowned. These include (as the name suggested) many different types of sofas, sofa beds, mattresses, divans as well as dining sets, coffee tables, chests of drawers and outdoor furniture etc, and brands like Sealy, Silentnight, Tempur, Rest Assured and the Pocket Sprung Bed Co to name but a few. Mattress prices start at just 89 euros and Abode promise to beat any genuine like for like quotes on UK mattresses and beds including a free delivery service across the Algarve. Abode Furniture also recently celebrated the first anniversary of its UK showroom, located in Stoke-on-Trent. Measuring 4,000 sq ft the showroom was established to offer UK residents with holiday homes in Portugal and Spain the ability to view and buy products in the UK rather than having to fly out to Portugal or buy online.

Designer Textiles – quality fabrics for less

Established in 2001, Designer Textiles offer a wide variety of textiles and services to cater for their growing client base. Their unique range is hard to find anywhere else as they source products from all around the world, bringing quality fabrics at extremely competitive prices.

Both Loraine Cooper and Deirdire Thompson have over fifteen years' experience in Interior Design, often using their acquired skills, and personal opinion, to give sound advice to hesitant clients.

With over 30,000 metres of fabric in stock, the right choice is always there to be found, with fabrics in all colours, textures and styles.

The huge three storey shop in Odiáxere has a vast array of products available, such as mattresses, sofas, beds, curtains, curtain rails, thousands of samples of fabric, decorative pieces, and it also has a designated curtain and blind making area, as well as an in house design and upholstery service. Clients usually arrive at Designer Textiles with some ideas in mind, and Deirdire and Loraine always help the ideas convert into reality as they know their range of fabrics from back to front and in what surroundings they combine best. Up-to-date home fashion and quality don't have to cost a fortune as Designer Textiles have an immense selection at the best prices around. The shop also has catalogue ordering available.

Many times Loraine or Deirdire go to clients' homes to get the exact measurements to ensure the fitting is to perfection. After all, be-spoke is their specialty!

With the busiest time of the year now in full swing, why not go around and see what the store has on offer, you will be pleasantly surprised by their varied range, from classic to contemporary designs. Both Loraine and Deirdire are very professional, friendly and always have their clients' best interests in mind.

Providing free quotations around the whole Algarve, Designer Textiles are open Monday to Friday from 10 am to 6 pm, they do not close for llunch .

THIS WEEK'S PROFILES

Senses

For more information, call the Senses Skin Care Centre, Lagos, (+351) 282 762 261 / 913 275 869, or see website: www.senses-skincare.com.

Designer Textiles

Designer Textiles is located in the Parque Comercial do Infante, just outside of Odiáxere, shop number 11. For more information please visit the shop or call 282 799 610 or email designertextiles @sapo.pt.

Abode Furniture

For more information, directions or opening hours see website: www.furnish yourabode.com, telephone: (+351) 282 762 070, UK free phone 0870 8032970 or e-mail. info@abode-group.com. Euros and pound sterling accepted.

Money Mais

To discuss your options, contact Money Mais on: 707 456 007, e-mail: info@moneymais.com, or see website: www.moneymais.com.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

Start-of-Summer Party

The Algarve Wine Society (AWS) celebrated the arrival of summer, and the close of its very successful Spring calendar, by throwing a wonderful Summer Party on Sunday evening, June 28th. The venue was the Pousada Convento da Graça in Tavira, which the Society took over for the evening.

Earlier in the day an intrepid band of members had participated in the third annual AWS golf outing, held on the challenging course at Quinta da Cima just east of Tavira. The weather was great, having moderated from the high temperatures earlier in the week, and the winners, Marjolein and Dick van den Berg, had a highly respectable better ball stableford score of 43. A number of prizes were awarded during the dinner, including golf bags for the winners.

The party itself was kicked off by cocktails on the enclosed cloisters terrace of the Pousada. A sumptuous buffet dinner followed, the highlight of which was the great variety of cold and hot dishes, all well complemented by pleasant summery wines. The evening really got rolling when the New Orleans 5 piece jazz band began a stint of great music that lasted several hours, giving everyone a chance to dance off a few of the calories just taken on board.

The AWS now takes its usual summer break before resuming activities in September. The autumn programme will feature a day trip to Herdade de Mingorra in the Alentejo on Sept. 16, a four day trip to Toledo and the La Mancha region of Spain Sept 29-Oct 2, a tasting of Quinta de la Rosa douro wines on Oct. 21, an evening with wine expert Richard Mayson on Nov. 20 and the traditional Christmas lunch on December 16th.

At the moment membership in the AWS is at its upper limit and there is a waiting list for entry, but if you would like further information about the organization please contact the Secretary, Larry Hampton, by email: hampton@mail.telepac.pt.

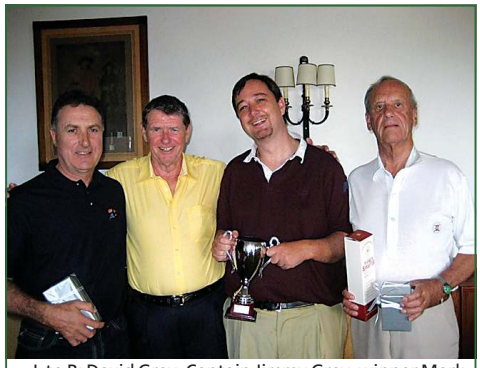
2009 Golf Outing winners Dick & Marjolein van den Berg being awarded their prizes by Larry Hampton, with previous winners David & Linda Grindley (2007) and Ray Garnett & Brian Ford (2008) looking on.

RBCGS and Lusitania trophy

We had an excellent turnout for the Lusitaina Trophy with 43 golfers, including 5 guests and 52 people attending the lunch. Our thanks go to Lusitania Seguros for continuing to sponsor this tournament and also to Gerald Gibbon for helping with all the arrangements.

Weather conditions were hot and humid – however the course was in such good condition that more than 50% of our playing members scored more than 30 points. Mark Dawson was a worthy winner of this year's Lusitania Trophy with a score of 40 points, followed by David Gray in second place with 37 points. Denys Stormont and Derek McIvor both had 36 points with Denys taking third place ad Derek fourth after a countback. Auke Bos was fifth with 35 points and Ron Goddard 6th with 34.

The Newstead Trophy was won by Fernando Duarte and the Top Ten Competition by Jimmy Scarlett. The nearest the pin competitions were won by Sue Leite Monteiro, for the third time this year, and Mark Dawson. Finn Kastrup won the Guest prize and the Swiss Cow Bell went back to its original home with Max Zimmerli



L to R: David Gray, Captain Jimmy Gray, winner Mark Dawson, Denys Stormont

We all enjoyed the view from the terrace at the Estoril Golf Club and the Captain thanked Pedro and his staff for providing us with such an excellent lunch. Our next competition will be for the Rankin Brothers & Sons Trophy on July 29th at Estoril.

Saturday Bike Rides

This Saturday's ride starts from Forum Algarve, Faro

Starting Point

There is a large roundabout next to the Forum Algarve shopping centre in Faro. There are plenty of car parks in the area including the underground at Forum Algarve, as well as various other store car park spaces nearby. Lets meet on the pavement on the Forum Algarve side of the roundabout at 09.45am for a 10am start.

Paul will aim to be at Bikeland from around 09.00am until 09.15am and can take some people and/or bikes from there if required.

If you need a hire bike then please do confirm this is in advance so that the bike is ready for collection.

Ride details

This weeks ride is around 35km and mostly on flat tarmac and dirt track roads. We pass through some interesting and varied scenery, taking in the countryside around Faro, Olhao and the old town of Faro on the return route. This is a great ride and one not to be missed!

The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, e-mail: paul.beesley@sapo.pt, or goto: www. activityalgarve .com.

WRVS Social Tea

Our next Tea will be on Tuesday 21st July at 3pm in the British Retirement Residence, Quinta da Fonte, S Pedro do Estoril.

This month's theme is WRVS Memories and Anecdotes.

As WRVS celebrates 70 years' service in Portugal in 2009, we will be holding an Anniversary Party this autumn, details of which later. We intend to publish a booklet, with photographs and recollections of the many WRVS activities over the years. We need your help please, and so we ask members to bring to this Social Tea, a short, written account of your memories of WRVS, Lisbon…. events, people, history.

At the Tea, these will be read out and enjoyed; new for some and rekindling memories for others. We will compile these stories for the booklet, so if you cannot attend the Tea, please send us your story. Thank you.

As usual, our talk will be followed by home-made cakes, sandwiches and tea.

Minimum donation 1€. Everyone is most welcome.

For more information, please call QDF on 214 688 694

Free competition day at Oceânico

Bowlers have the chance to try the superb facilities and find outmore about the October Oceânico Bowls Masters in Portugal

6th July 2009 – Highly skilled or not, if you like bowls, then the Free Crown Green Compeititon at the Bowls Club at Amendoeira Golf Resort is a must this Monday 13th July. Enthusiasts can experience the first Crown Green outside of the UK, and learn about the chance to play in the Algarve Crown Green Open to be held on 15 - 16 September..

Peter Cain organiser of the events, says: "Crown green bowls is increasingly popular, and with the opening of the Amendoeira Bowls Club we are making it easier for players to enjoy their sport in the sunshine of the Algarve. Both this and the setting for both the Crown and Flat Greens are quite inspiring for a great game." After the Free Crown Green Competition, players will be invited to come along every Monday for a Competition for only €5.

The Algarve Crown Green Open in September is a qualifying match for the Oceânico Bowls Masters, which takes place from 12 – 16 October at Amendoeira. In addition, the top UK crown green bowlers will qualify via pre-nominated UK competitions held this summer. Other players can enter on payment of the entrance fee and have the opportunity to play along side top players such as Glynn Cookson. The Oceânico Bowls Masters includes a 10,000 GB Pounds prize fund.

For those who know nothing of Bowls, there is another chance to join Peter Cain and fellow experts at the Open Day to be held on Saturday 25 July. Shoe and equipment hire is all included for €2.

The Amendoeira Bowls Club forms part of the luxury Amendoeira Golf Resort, and offers the first crown green to be built outside the UK. Other facilities at the resort include golf courses designed by Nick Faldo and Christy O'Connor Jnr, tennis courts, swimming pools and luxury accommodation.

For further information on the Free Crown Green Competition, Open Day or to attend the Algarve Crown Green Open or Oceânico Bowls Masters in October please call Peter Cain on 961 356 804, email bowls@oceanicogroup.com or www.oceanicoresorts.com.

TELL THE NATION ALL ABOUT IT

Send stories & pictures to: copy@the-news.net

FREE PICKUPS from Carvoeiro & Ferragudo
call 282 358 502 to book

Vale de Milho Golf

Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!

Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.
"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION
€25 - With Clubs - €40
June to August after 3:30pm
September to October after 2:30pm

SPECIAL PROMOTION (JUNE-OCTOBER)
9 Holes - €20
18 Holes - €30
With Clubs - 9 Holes - €32,50
18 Holes - €47,50

BREAKFAST OR LUNCH
9 Holes - €26,50
18 Holes - €38
With Clubs - 9 Holes - €40,50
18 Holes - €57,50

*** Subject to availability. No service at weekends.

GREEN FEES
9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

SEASON TICKETS
7 Rounds - 30% Discount
5 Rounds - 20% Discount

TO FIND US FOLLOW THE SIGNS FROM LAGOA OR CARVOEIRO
GPS Location: N37.09663º W8.44837º
Tel. 282 358 502 - Fax 282 358 497
Telm. 919 816 560
E-mails: valedemilhogolf@mail.telepac.pt
Web site: valedemilhogolf.com

15% DISCOUNT ON GREEN FEES WITH THIS VOUCHER

East Algarve Walks

Every Tuesday & Friday mornings.

For more information
Call 913 595 868 .
brian@moonlightservices.eu
www.moonlightservices.eu

Pestana GOLF & RESORTS ALGARVE

Gramacho | Vale da Pinta | Silves Golf | Alto Golf

Summer Special
2 Players + Buggy
95€
June, July & August

Twilight Green Fee
Gramacho: 26€
Vale da Pinta: 31€
Alto Golf: 28€

Contacts: Tel. 282 340 900 - info@pestanagolf.com
www.pestanagolf.com

Restaurant Write-ups

Restaurante Florestal is a gastronomic oasis lying within the National Forest close to the village of Barão de S. João, located between Luz and Lagos. Whilst the ambience inside the restaurant is rustic and romantic, the terrace and garden outside offer peaceful surroundings to enjoy al fresco dining at its best, with fantastic views. Your hosts, John from England and American Sharlene present a very cosmopolitan menu including their delicious Breast of Duckling, vegetarian choices and dishes with a taste of Mexico! Every Sunday there is a special brunch from midday to 3 pm, with occasional live music and a good selection of wines. Don't forget to reserve your table!

Casa Della. Do you want your pasta to be freshly made everyday by an Italian chef? Surely not too much to ask? Well, not now it isn't. Recently opened, Casa Della in Portimão does exactly that. Italian chef, Giorgio Velleni, was originally taught by his grandmother, who passed on to him her special secrets, and later trained in Italy. As well as the range of different pastas that he makes Giorgio also stocks genuine imported gourmet foods from Italy such as, parmesan cheese, balsamic vinegar, a variety of sauces and wines, all for you to takeaway and enjoy. See their advert for opening times and location.

For our restaurant guide please see the hotline on pages 32 & 33

Monte do Casal, country house hotel, spa and restaurant is a member of Small Luxury Hotels of the World. Situated in the beautiful historic location of Estoi, it is easy to find by following the yellow signs from Estoi square. Here you can enjoy à-la-carte, fine dining of an evening, inside the restaurant or lunch overlooking the lakes and waterfalls. On offer is an á-la-carte five course degustation tasting menu with the option of five tasting wines, a vegetarian menu, plus both spa and lunch menus. Reservations are strongly recomended.

Mr Grillo is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustic with a wooden ceiling and subdued lighting inside, but if you prefer to eat your meal al fresco there is also a terrace. Your hosts Edwardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive staff speak several languages and look forward to taking your reservation.

The Fat Frog, situated in Vale Formoso in Almancil. Serving tradional French food for lunch or dinner. The bar is open from noon until late. Enjoy sitting on their outdoor terrace or inside watching Sky sports on their 50" plasma screen. Closed on Sunday.

The Best Place. Traditional fish and chip shop with a difference. All-year daily specials. Situated in Old Town Albufeira next to MJ food stores. Closed on Sunday.

The salad days of summer

Learning how to make a terrific salad is a skill.

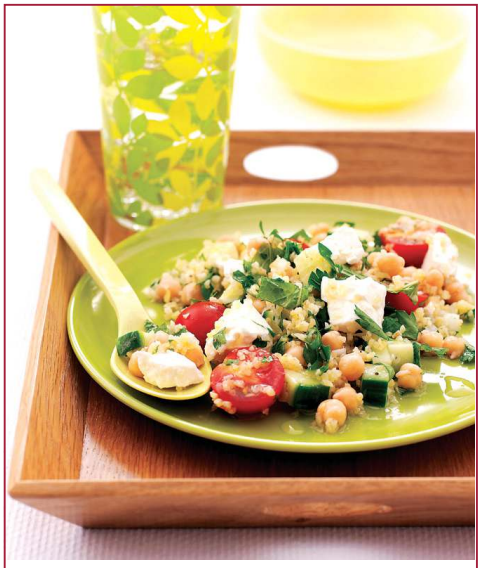
Chickpea and Herb Salad

(Serves 4)

100g bulgur wheat
4tbsp olive oil
1tbsp lemon juice
2tbsp chopped flat leaf parsley
1tbsp chopped mint
400g chickpeas, drained and rinsed
125g cherry tomatoes, halved
1tbsp chopped mild onion
100g cucumber
150g feta cheese
Salt and pepper

Put the bulgur wheat in a heatproof bowl and pour boiling water over, just enough to cover. Set aside until the water has been absorbed. If you want a fluffier finish, transfer it to a steamer and steam for five minutes. Spread on a plate to cool. Mix together the olive oil, lemon juice, parsley and mint in a large salad bowl. Season to taste with salt and pepper. Add the chickpeas, tomatoes, onion and bulgur wheat.

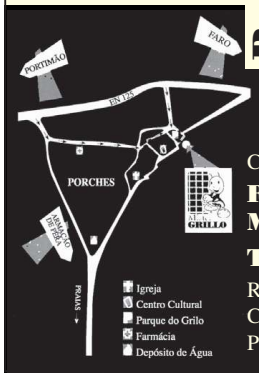
Dice the cucumber and add to the bowl. Mix well and add the diced feta, stirring lightly to avoid breaking up the cheese. Serve immediately.



Chickpea and Herb Salad from 200 Super Salads, published by Hamlyn, priced £4.99/€6.49

House Speciality FLAMBÉ!

Restaurant Mister GRILLO



Closed on Sundays
Reservations
Mob. 962391984
Tel. 282381176
Rua António Joaquim Cabrita, Nº 7
Porches

THE FAT FROG
French Bar Brasserie

TRADITIONAL FRENCH FOOD
Large Beer €2
2 course lunch - €10
2 course dinner - €20
House Wine €2
Bar open from noon until late
Outdoor terrace
Closed Sunday
50" Plasma Screen in Bar with Sky Sports
Tel: 289 393 301
Vale Formoso Nº 24, 8135-035 Almancil

Monte do Casal
★★★★
Country House Hotel, Restaurant and Spa
A member of Small Luxury Hotels of the World
For Sunday Lunch, 19th July, The New Orleans Jazz Quartet will be playing music for listening and dancing at Monte do Casal. Relax and enjoy the afternoon! We have a specially created three course menu for €28 and we hope you will be able to join us and share the experience.
Reservations: 289 990 140 / 919 883 267
reservations@montedocasal.pt
Cerro do Lobo, Estoi
(Follow the yellow signs from Estoi Square)
GPS: 37° 05' 01.88" N; 07° 51' 59.79" W
slh.com

RESTAURANTE Florestal
Barão de S. João
SITUATED ABOVE THE VILLAGE OF BARÃO DE SÃO JOÃO AND SURROUNDED BY THE NATIONAL FOREST, RESTAURANTE FLORESTAL IS THE IDEAL PLACE TO UNWIND AND ENJOY GOOD FOOD, WINE AND SERVICE IN A BEAUTIFUL PEACEFUL SETTING. THE COOL TRANQUILITY OF THE FOREST IS A REFRESHING BREAK FROM THE HEAT AND BUSTLE OF THE COAST.
CLOSED SUNDAY NIGHT & ALL DAY MONDAY
LUNCH 12.00 - 14.30
DINNER 19.00 - 22.00
RESERVATIONS ADVISED - CREDIT CARDS ACCEPTED
TEL 282 687 204
florestal@bigfoot.com

"The Best Plaice"
Old Town, Albufeira
(Next to M & J's Foodstore)
Traditional Fish & Chip Shop
Our All-Year Daily Special:
Fish; Chips; Mushy Peas
FREE Tea or Coffee
Only - €4.95
Not just "Run Of The Mill"
We also serve: Skate; Plaice and even Savaloys!
Opening Times: Monday - Saturday
5:00pm 'til late; Sundays - Closed
Telephone: 936563472

CASA DELLA PASTA FRESCA
DAILY HOMEMADE FRESH PASTA TAKAWAY
Our pasta is produced according to the oldest Italian recipes
TAGLIATELLE, RAVIOLI, TORTELLINI, GNOCCHI ETC.
And other Italian products such as wine, parmesan cheese, balsamic vinegar...
It's possible to order fresh lasagna
Urb. Horta da Raminha, lote 17, loja B, PORTIMÃO. Just after 'Recheio'
Tel: 282 427 279 • info@casadellapastafresca.net

Final countdown for Portimão iron bridge

Work on Portimão bridge last Wednesday. (Photo: The Portugal News / Tommy Broad)

Being closed to all traffic, except motorbikes, since November 2007, the Portimão old bridge is in its final stages of renovation for the reopening, scheduled for July 15th, with only paintwork and the placement of safety barriers remaining.

Built in 1876, the Portimão iron bridge lasted over two centuries before the first signs of decline became perceptible. After inspections were carried out in 2003, it was deemed that the bridge was in dire need of renovation, and it was also at this time that it was included in a list of five bridges in Portugal that needed a complete overhaul. Work was carried out to all six pillars in 2005 and the bridge was reopened to vehicles.

Two years later, in November 2007, after further inspections showed grave signs of deterioration, the bridge was once more closed for renovation after it was classified as "in serious risk of collapse".

Since then, the bridge reopened temporarily for the summer of 2008 to reduce congestion in the busiest summer months.

National road company Estradas de Portugal (EP), in charge of the renovations, said the temporary reopening did not pose a risk as foundation strengthening had already taken place, adding that it had been planned from the beginning in order to "minimize the grief to users and local commerce, a situation that had been planned when the renovations began, showing EP's concern for councils and the population in general" said Estradas de Portugal in a letter sent to **The Portugal News**.

Now, in July 2009, the bridge's former glory has been restored and it seems as if the reopening will be made on time as final painting and the placement of barriers is currently taking place. Among the renovations were the reinforcement of the supporting pillars and foundations, repair and painting of the metallic structure, demolition of the concrete platform, replacing it with a new reinforced concrete platform, paving the platform, placing road signs and installing lighting along the structure.

With the closing of the bridge in November 2007, local residents of Parchal and Ferragudo have been forced to enter Portimão via the EN 125, adding several kilometres to their trip into/out of the city. They will definitely be pleased to know their shortest route will be accessible from Wednesday. It is estimated that the closure of the bridge has affected between 6,000 and 8,000 people a day.

Dock strike costing Lisbon port €2m - port authority

An ongoing dock workers strike in the Portuguese capital is costing the Port of Lisbon €500,000 per day, the port's CEO said Wednesday, the second day of a four-day action.

Natércia Cabral told the Lusa News Agency the strike in protest over a government approved draft law for the country's ports will cost some €2 million in lost revenue with the re-routing of between 40 and 50 ships, beyond the damage caused to the port's reputation.

Only 20 percent of the re-routed vessels will dock at other Portuguese ports, Cabral said.

About 200 dock workers demonstrated in front of the parliament buildings Wednesday, shouting insults against Socialist Prime Minister José Sócrates and illegally setting off firecrackers.

In a statement, the, confederation of dock workers unions said they were planning a second three-day strike in Lisbon on July 21-23.

The unions accused the Government of having approved the draft law, enshrining a "masked liberalisation" of port operations, without "any kind of consultation" with the unions.

TPN/Lusa

Taxman to sell 70,000 seized cars

In the biggest ever operation of its kind, it was revealed on Thursday that tax officials were preparing to sell off 70,000 cars owned by taxpayers with outstanding debts. The unprecedented move comes in the wake of the Finance Ministry revealing tax receipts have plummeted by 20 percent so far this year as a direct result of the economic crisis.

The taxman is looking to rake in more than 1.2 billion euros from the sale and auction of more than 70,000 vehicles owned by defaulting taxpayers, *Diário Económico* revealed on Thursday.

In recent weeks, taxpayers have been receiving notifications summoning them to their local tax offices to hand over their vehicle registration papers.

This unique move is being justified by the fact that fiscal revenue has fallen by almost three billion euros in the space of just five months.

Since 2006, only 2,446 cars have been seized by the taxman for subsequent sale.

Tax offices have until next Wednesday to complete the listing of all vehicles to which they have registration papers.

Vehicles whose owners have failed to hand over paperwork will be taken off the system. Instead, they will be visited by a tax officer and law enforcement authority if deemed necessary, at which stage the vehicle in question will be forcibly taken from the taxpayer's possession.

In the meantime, cars already in the possession of tax departments are being evaluated in order to establish the best method of reselling them.

Vehicles with values of €4,080 or under will be given to second-hand car dealers for resale on the Finance Ministry's behalf.

Cars with higher values will be put up for auction. These vehicles will be advertised on the Finance Ministry's official website and possibly in local newspapers, permitting interested parties to make sealed bids for any of the listed vehicles.

Portuguese for Beginners

with Emília Rosendo

LESSON11

Revision exercises with Verb "ESTAR" in the Present Simple

⇨ **Match the words on the left with the most correct adjective on the right. Then write complete sentences by using verb "*estar*" in "*Presente Simples do Indicativo*":**

1. A sopa	**a)** movimentada
2. O gato	**b)** atarefados
3. O mar	**c)** apagadas
4. O chá	**d)** molhado
5. O lápis	**e)** fechadas
6. O chão	**f)** parados
7. As luzes	**g)** agitado
8. A lareira	**h)** caladas
9. Os carros	**i)** abertos
10. A cidade	**j)** salgada
11. As janelas	**k)** falida
12. A empresa	**l)** ferido
13. Os portões	**m)** afiado
14. As crianças	**n)** acesa
15. Os trabalhadores	**o)** frio

⇨ **Complete the sentences which follow with verb "*estar*" in "*Presente Simples do Indicativo*":**

1. As facas de cozinha não ___ afiadas.
2. O copo verde não ___ cheio.
3. As garrafas de água não ___ vazias.
4. O avião para Paris não ___ atrasado.
5. O relógio da sala não ___ adiantado.
6. A conta não ___ certa.
7. Os pratos não ___ partidos.
8. A festa de aniversário não ___ animada.
9. Eu não ___ com sono.
10. Nós não ___ preocupados.
11. Tu não ___ com fome?
12. Vocês não ___ com sede?
13. O peixe não ___ descongelado.
14. Alguns rios não ___ poluídos.
15. O pão não ___ mole.
16. As bananas não ___ maduras.
17. Os cubos de gelo não ___ derretidos.

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

The quantity of readers' letters received this week was disappointing. However, the Letter's Page will resume next week and will include letters omitted from this week's edition.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 11 Jul 2009

PROPERTY OF THE WEEK

A rare opportunity to purchase some prime real estate

Sprawling along a valley on the Western Algarve coastline is this week's Property of the Week; an 85-hectare estate constituting the most desirable terrain south of the Silver Coast and one of the last recently-renovated properties to be granted a licence within 500 metres of the coastline between Sagres and Lisbon. This is not just a property, this is part of Portugal's heritage.

The estate is located on the Vincentine Coast Natural Park, near Alfambras, Aljezur.

A dipping and bending dirt track winds through unspoilt, rural greenery to the main house, a seven-bedroom renovated 1920's farmhouse that has a total build size of 600 square metres.

Thousands of pine trees have recently been planted with the vision of growing into a private 'woodland' which will surround the property and lend extra privacy. Not that privacy is a problem; beside the main house and two out-houses that make up the estate, the only other buildings within walking distance are a fisherman's cottage on the beach, a couple of hundred metres from the main house, and an ancient ruin or two on neighbouring land. As the land is protected by stringent building laws, no construction will take place in the foreseeable future, the surrounding landscape being legally preserved as a lush rug of flora whose colour ever-changing with the seasons, for as far as the eye can seen.

The main house is a long building comprising seven bedrooms, five of which are en-suite, plus two separate bathrooms; a large dining hall, a spacious living room, a second TV room, a contemporary kitchen and separate laundry room. It has one long, continuous lay-out, one room leading into another, up and down mid-level sets of three or four steps. Each and every room is south-facing and offers stunning sea views. Most bedrooms have fitted wardrobes and exquisite, roomy en-suite bathrooms using solid, polished-stone fittings and high-end fixtures.

The main house was built in stages, the first being the renovation of the original old farmhouse, the second being the 'new' wing of the building. This has resulted in a layout of four bedrooms to the left of the house, and three to the right, with living areas in the middle. The kitchen, while compact, is sleek and modern, the living room, TV room and dining hall being of large proportions. All rooms (with the exception of the three right-wing bedrooms) have doors opening onto a south facing patio, which offers breathtaking views and pleasant sea breezes and encircles the entire main house.

Incorporated in the property are regional building materials, such as local stone and wood, along with an exotic selection of ancient relics from around the world, such as an Indian temple doorframe and decorative carved wood pieces. Modern creature comforts including under floor heating and double-glazing throughout. This makes for a bohemian blend of old-rustic and new-modern. Aesthetically, from the outside, the property blends in unobtrusively with the untouched coastal countryside.

As well as the main house the estate comprises two outhouses; a small stone-built beach cottage, located on the beach below the main house, and another cottage to the side of the main house which is made up of two artist ateliers and a large sleeping area. There is also a barbeque and al-fresco dining area at the back of the main house, served by a traditional bread oven built from stone at the same time as the original farmhouse, and still fully functional.

Given the geographical positioning of the western coast it is very popular with the surfing community, the estate being a short drive from the renowned Arrifana and Figueira beaches. It is also a 20 minute drive to Lagos, or 10 minutes to Aljezur. Despite the stringent building laws, this property further offers the opportunity for rural tourism income, with the possibility of being converted into a boutique guest house or for room rentals. For more information on this high-end property, please contact the owner directly. Serious offers only. Call (after 19h00): 282 991 928 or mobile: 964 517 672.

DANECASA
Constructive solutions for modern living
Today's Solution For Tomorrow's Living

We have the experience • We have the choice • We have the complete solution

Come and see for youself at our showhouse alongside
the eastern entrance to Algarve Shopping on the EN125 at Guia.
Or call: 289 571 270 | www.danecasa.com | info@danecasa.com | FREE Brochure

DANECASA
Constructive solutions for modern living

A STEEL FRAME HOME
from DaneCasa is your Complete Solution !

Using the latest technology in STEEL, DaneCasa create homes that offer major advantages over traditional brick and concrete construction - Less time to build, lower cost, superior thermal and damp insulation qualities plus many other benefits, which provides comfortable living conditions all year round and also energy saving benefits

kasas
Algarve Property .com

Professional Estate Agents

Mobile +351 919 521 737
Paulo@AlgarveProperty.com

www.AlgarveProperty.com

Paulo Nascimento
your professional real estate consultant

Gov. Lic. AMI 2196

VILAMOURA
Ref. A92498
Excellent investment opportunity!!! Two bed two bath apartment located 4 min. walk to the Pinhal Golf Course. 10/15 min. walk to the Marina. 165 sq.m.. Furnished and equipped. Near amenities. Complex with lovely garden, pool and bar/restaurant. Huge terrace w/ lovely panoramic pine tree top views until the sea.

Price: € 190.000

VILAMOURA
Ref. MB82115
Opportunity near the golf!!! Four bedroom villa near amenities. 175 sq.m. Furnished and equipped. Alarm. Private pool and BBQ area. Pre installed for a/c and solar panels. Large basement w/ garage, w/c, storage and possible games room. Great letting potential.

Price: € 395.000 (NOW REDUCED)

VILAMOURA – OLD VILLAGE
Ref. V92421
Three bedroom villa located inside the golf course. Near all amenities. 15 min. walk to the Marina & beach. 200 sq.m. of constructed area. Top quality finishes. Completely refurbished. Fitted kitchen. A/c. Electric shutters. Natural stone bathrooms. Private garden with pool and BBQ. Lot's of extras.

Price: € 895.000

VILAMOURA
Ref. A92492
Excellent investment opportunity!!! One bedroom apartment. 65 sq.m. Located on complex with garden and pool. Very quiet area near amenities. In between the Pinhal and the Old Course. Furnished and equipped. Facing the pool area.

Price: € 105.000

AMI licence 7673

algarve manta properties

E-mail:
sarah@algarvemanta.pt
Mobile:
00351 911 041 862
Office phone/fax:
00351 281 952 820
Sales:
www.algarvemantaproperties.com
Rentals:
www.algarvemanta.pt

Ref: 482 / € 112.000
One bedroom apartment in the holiday resort of Altura with garage space, open plan lounge kitchenette, bathroom and bedroom with fitted wardrobes. Five mins walk to the beach and facilities. 3rd floor with lift.

Ref: 879 / € 155.000
Three bedroom nearly new furnished apartment near Tavira, two bathrooms one of which is en-suite, equipped kitchen, air con, parking in garage, shared pool, roof terrace, private veranda with ocean view. Good value.

Ref: 887 / € 215.000
Brand new four bedroom townhouse in the town of Cacela with private pool, pre installation of air con, central vacuum system, central music system, fully equipped kitchen, garage, close to all facilities.

Ref 890 / € 275.000
Nearly new fully furnished four bedroom house on a closed condominium with shared pool only 7 mins on foot to Manta Rota beach, air con, satalite English TV, fully equipped kitchen, fantastic condition very good rental!

Ref 886 / € 325.000
Luxury four bedroom villa near Tavira, semi detached, brand new build, lounge with fireplace, equipped kitchen, generous room sizes, pre installation of pool, roof terrace with ocean view, garage, must be viewed.

LARGE FAMILY HOME FOR RENT IN ALMANCIL

500+ sq metre 4bed/6bath unfurnished Vila to let in a quiet and secluded area of Almancil.

The Vila is on 3 floors with a modern fully fitted kitchen, an enormous Master Bedroom and Bathroom suite and is wheelchair friendly with access to all 3 floors via an Elevator.

This is a comfortable warm family home with under floor heating, a fireplace in the kitchen and a huge bonus room/playroom/party room in the basement. Large fully enclosed walled garden with pool, garaging, BBQ terrace, plenty of storage and a producing orchard.

The Vila has recently been fully decorated, is close to schools, shops and all amenities and 10 minutes away from the beach.

Available now for long term let. €2,500/pm
For details call Chris on 289 396 754 today...

HIGH INCOME RETURN ON THIS UNIQUE RUSTIC PROPERTY

Villa For sale in São Bartolomeu de Messines

8 Bedrooms, 5 Bathrooms, 3 1/2 Kitchens, 4 Lounges, 2 Fireplaces
Unique Property... Must be seen. View by appointment.
Two properties for the price of one - 3 *Cadernetas*

Reduced to: € 300,000

Tels: 00351 932 868
804 00351 282 338 694

Make the airport your shop window

1,000's of copies of The Portugal News are distributed at Faro airport every week to arriving and departing passengers. An estate agent's window can't beat that for property exposure!

To advertise on these pages, please phone Bella Talhadas on 707 500 677 or 914 393 736

LAND & HOUSES ALGARVE
YELLOW HOMES
Sociedade de Mediação Imobiliária Lda.
AMI 6232 - Val. 18.11.2010

For detailed information, please visit our website:

www.landandhousesalgarve.com
www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294

Tavira
Must be seen! Luxurious 4 bedroom villa (293 m2 + basement) with pool & garage set on a privileged location in Tavira. Large living room (42 m2) offering panoramic views. 1074 m2 plot with low maintenance garden. High quality building materials.
Ref: LHV-901
Price: 749.000 (reduced from 895.000)

Near Tavira
New 3 bed / 2 bath bungalow (165 m2) with pool set on an elevated position 15 km North of Tavira enjoying far-reaching views to the sea and surroundings. Spacious lounge & fully equipped kitchen. Fully fenced plot & private borehole. Easy access.
Ref: LHV-941
Price: 450.000 (reduced from 495.000)

Moncarapacho
4-bedroom Quinta style property w/ garage located on a beautifully landscaped plot of land (1510 m2) offering privacy near Moncarapacho. Under floor heating, double glazing, well insulated. Project for pool pending for approval.
Ref: LHV-974
Price: 495.000 (reduced from 550.000)

Santa Catarina
Carefully designed, new 3 bedroom / 3 bathroom villa with pool & large plot of approx. 6000 m2 offering privacy. Living room w/ high ceiling and open-plan kitchen. Throughout high tech insulation, quality finishing and carpentry. Mains water.
Ref: LHV-1020
Price: 425.000 (reduced from 450.000)

Near Tavira
Charming 3 bed / 2 bath bungalow style villa set in the countryside between Tavira and Manta Rota on a fully fenced plot (680 m2) with beautifully landscaped garden. Spacious garage & loft. Easy access by tarmac road. Offers invited.
Ref: LHV-1044
Price: 290.000

ESTE ALGARVE
AMI 504
ESTE ALGARVE - SOCIEDADE DE MEDIAÇÃO IMOBILIÁRIA, LDA.
E.N. 125, Cevadeiras,
Vila Nova de Cacela,
8900 V. Real de Stº António
Tel: 281 951 165
Fax: 281 951 438
Centro Comer., Av. 28 de Maio (Marginal) - 8800 Cabanas deTavira
Tel: 281 370 277
Fax: 281 370 761
belosantospedras@hotmail.com
www.estealgarve.com

Cottage Neighbourhood Tavira
Beautiful 3 bedroom, 2 bathroom cottage, renovated in a very charming, typically algarvian style, surrounded by 2.679 m2 of fenced land with lawn, lots of flowers and fruit trees. Swimming pool with salt water system, garage, solar pannels. Situated in peaceful surroundings with nice privacy, 4 kms from Tavira.
EA 037 CTAV – € 280.000

House Tavira
Attractive 2 bedroom plus one house with charming algarvian characteristics, air con., large loft and a habitable area of 130 m2, built in 2000, conveniently situated in the centre of Tavira, in a pretty and quiet area.
EA 038 HTAV – € 255.000

Apartment Cabanas
2 bedroom apartment with garden area and roof terrace, situated in a charming urb. with access to swimming pool, within walking distance to Cabanas centre and beach, 3 kms from Tavira and 5 min. to Benamor golf-course. To be sold furnished and equipped. - Brilliant letting potential.
EA 039 ACAB – € 120.000

Cottage – Praia Lota (Manta Rota)
Sweet 2 bedroom cottage, renovated 12 years ago with air con., close proximity of the beach, supermarket and restaurants, within a small rural community. 1 km from Manta Rota and 2 kms from Vila Nova de Cacela. Attractive front patio and roof terrace.
EA 040 CPL– € 145.000

Apartment Cabanas
Charming 1 bedroom apartment with air. con., situated on the ground-floor, within an urbanization with 4 swimming pools and short walking distance to Cabanas centre, lagoon and beach, 3 kms from Tavira and 5 min. to Benamor golf-course. To be sold fully furnished and equipped.
EA 036 ACAB – € 115.000

Elly van Hulst

The fastest real estate agent in the Algarve

(former World Record Holder 3.000mts running '89-'01)

www.property-runner.com

Tel. +351 289 842 992

between Loulé and S. Brás

AMI 6392

Messines
- Character renovated cottage
- Quiet area, country views
- 4 bedrooms 3 bathrooms
- Large plot with own lake
- Large garage/shed 100m2
- Cott 183m² plot 10.840m²

Ref. C1264
Price: € 365.000

Messines
- Charming cottage
- Quiet area country views
- 2 bedrooms 2 bathrooms
- Large plot with own lake
- Veg. garden, fruit trees
- Cott. 96m² plot 26.000m²

Ref. C1265
Price: € 179.000

São Brás de Alportel
- Attractive villa built 2001
- Renovated in 2008
- On small development
- 3 bedrooms 2 bathrooms
- Pool, garage, garden
- Villa 181m² plot 928m²

Ref. V1258
Price: € 480.000

São Brás de Alportel
- Lovely old house, 1884
- Now fully restored
- 5 bedrooms 3 bathrooms
- Private pool, tennis court
- Terraces with lovely views
- Villa 261m² plot 1.194m²

Ref. V1259
Price: € 380.000

Bordeira
- Beautiful spacious villa
- Totally renovated 2009
- Spectacular coast views
- 5 en suite bedrooms
- Pools, garage, terraces
- Villa 406m² plot 7.000m²

Ref. V1263
Price: € 1.200.000

VILAGENTE
VENDAVILLA IMOBILIÁRIO — VILLAGENT ESTATE AGENTS
SOCIEDADE DE MEDIAÇÃO IMOBILIÁRIA, LDA.
AMI 489

Edifício do Cinema, Loja 3,
Vilamoura,
8125-432 Quarteira
Algarve - Portugal
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

Vilamoura
Studio apartment composed of lounge, bathroom and terrace. Furnished, equipped and with air conditioning. Construction area - 54 sq.m.
Ref: A1321 Price: € 70,000

Vilamoura
Sold
Situated near all facilities, one bedroom apartment consisting of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Parking space in the basement. Construction area - 74 sq.m.
Ref: A1188 Price: € 110,000

Loulé
Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.
Ref: V12595 Price: € 180,000

Boliqueime
Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area: 2.200 sq.m.
Ref: V12585 Price: € 450,000

Large Family Home for Sale in Almancil

Large 500+ square metre 4 bedroom/6 bathroom family home for sale in a quiet and secluded area of Almancil.

Ground Floor: Modern fully fitted kitchen, Dining Room, Large lounge/sitting room with views on 3 sides of the Algarve scenery, and 3 good sized bedrooms, all en suite.

First Floor: Huge, stunning Master Bedroom and en suite bathroom with large private sun terrace

Basement: Playroom/Games Room/ Cinema Room with kitchen, wine cellar and built in bar, the basement runs the entire length of the house The Vila stands in ½ acre fully enclosed irrigated garden with pool, return drive with electric entrance gates, mature fruit trees, garages, car port and shady BBQ terrace.

The Vila has its own bore hole. Recently decorated to a high standard is close to the Shops, schools and all amenities and is 10 minutes to beaches.

For sale (Delaware Company) by Owner at: ~~€975,000~~.
NOW €875,000.
Contact Terry on 916 196 053

JUST REDUCED €100,000

THE PORTUGAL NEWS Established 1977

To advertise, call our Sales Manager on 707 500 677

HAVE IT ALL NIGHT LONG!

S.O.S.

SKY DIGITAL TELEVISION

All Your Channels
All Night Long Guaranteed
The Best Reputation on the Algarve

Chris Whitman
916 378 722
sosskydigital@msn.com

ABSOLUTE

The ONLY Complete HOME Furnishing Company
From START to FINISH

Located in Ayamonte Spain just 30 mins from Faro we are the leading Complete Furnishing Company in this area. We carry out all installations of curtain poles bathroom accessories and lights. We also supply and fit Air Conditioning. Why not call us for some friendly help and advice with regard making your new house a home.

NEW SHOW PROPERTY NOW OPEN IN CABANAS

We now have show properties open for viewing in CABANAS. If you would like to discuss your furniture requirements or property management then please contact us

WE ALSO DO PROPERTY MANAGEMENT

Shop: (0034) 959 322292 Mobile (351) 926 768861
www.absolutefurniturepacks.com
Cristobal Colon -18 Ayamonte 21400 Huelva

renovate!

We are the renovation specialists in the Algarve From the smallest job to a complete makeover, we'll deliver on time and within budget.

Enhance your property and add to its value.

For an A-Z of the services we offer and to find out all about us go to www.opra-pt.com

O.P.R.A.

Online Property Renovations Algarve
Tel 966 521 828 • 938 665 717

AMI 5453

RE/MAX® Diamond

Rua Francisco Xavier Ataíde de Oliveira (next to BPN bank)

For the best advice in the LAGOS area

Call (+351) 917 771 849 or joão.s.nunes@gmail.com

João Nunes - Office Manager

LAGOS • Atalaia/Boavista Golf

Charming and well maintained Villa set in a 1,000m² plot. Huge and very private swimming pool area, fabulous mature garden.

Located just a couple of minutes from Boavista Golf Resort. Ideal for holidays and income.
Call me today for a visit.

Refª M -116 • Price €350,000.

Abode furniture

Credit Crunching Combo Deal

LIMITED OFFER

5ft Kingsize solid pine bed frame

+

5ft kingsize Bonell sprung orthopedic mattress

+

two bed side tables

= €499 including IVA*

PLANET SOFA & BEDS

LIMITED OFFER WHILST STOCKS LAST

* Terms and conditions apply, IVA included, Full warranty included, Some assembly requried, collection only, Delivery is available at an extra charge on this combo deal.

www.furnishyourabode.com
UK: 0870 8032 970 PT: 282 762 070
PT showroom in Lagos, near Praia Dona Ana

Leaders in decoration in Lagos

KA International

Find us at:

R. José Ventura Neto Cabrita | Lote 1, Loja B | 8600-001 Lagos
|Tel.:00351 282 782311 | Fax:00351 282 782392|
|www.ka-international.com| kalagos@mail.telepac.pt |

Best Priced Properties Across The Algarve

Lagos: Meia Praia, Ref: S417

Excellent Price! €495,000.

- Detached villa + separate apartment
- 4 bedrooms, 4 bathrooms in total
- Some renovation needed, C/heating, pool
- 3,065m² plot, mature gardens, distant sea views
- Easy access to Lagos Marina, town centre & beaches

Monchique, Ref: S543

Excellent Price! €325,000.

- Charming renovated rustic property
- 3 bedrooms, 2 bathrooms, mezzanines
- Main house + self-contained guest suite
- Large 3,000m² plot
- Top quality finishings
- Peaceful area between Alferce & Monchique

AMI 6902 TOGOFORHOMES THE ALGARVE PROPERTY SPECIALISTS

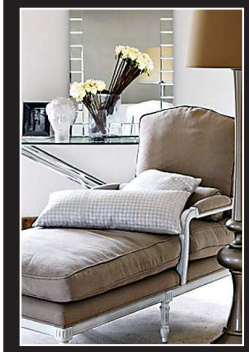
info@togofor-homes.com
www.togofor-homes.com
Office Tel.: 282 432 004
Shop in Alvor Tel: 282 476 568
Fax Number: 282 458 177

DTC Interior Design Shop

DTC INTERIORES

Designs for your home with a difference!

Interior design and so much more ...



Rua José Ventura Neto Cabrita
Lote 1, Loja A, 8600 LAGOS
Tel.: +351 282 782 311 Fax: +351 282 782 392
Email: dtcinteriores@mail.telepac.pt

Best Priced Properties Across The Algarve

Praia da Luz, Ref: S399

Great Value! From €338,400.

- Private community of 10 new luxury villa's
- 3 bedrooms, 2 bathrooms over 2 floors
- Underfloor heating, garage, pool & gardens
- Elevated position, countryside & some sea views
- Within 10 mins drive of Lagos, Luz, beaches & golf

Espiche, Ref: ST819

Excellent Price! €210,000.

- Modern bungalow style townhouse
- 2 bedrooms & 1 bathroom
- Fully furnished, Air conditioning & storage
- Large rear patio and roof terrace
- 10 mins drive to Lagos
- Walking distance to village amenities

AMI 6902 TOGOFORHOMES THE ALGARVE PROPERTY SPECIALISTS

info@togofor-homes.com
www.togofor-homes.com
Office Tel.: 282 432 004
Shop in Alvor Tel: 282 476 568
Fax Number: 282 458 177

ALGARVE REMOVALS

Weekly removals service to and from the UK, Algarve & Ireland with full packing service & storage facility in the UK & Algarve, from 1 box to part or full load shipments.

- > Transportation of cars, boats & motorbikes
- > Local removals and deliveries within Algarve
- > We guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ

UK- Tel: 0044 (0)1245 468888 Mob: 0044 (0)7711 179842
Algarve- Tel: 00351 289 513851 Mob: 00351 969134801
Email: sales@algarveremovals.com Web: www.algarveremovals.com

algarve REMOVALS

frontera

furniture · muebles

DON'T BUY FURNITURE UNTIL YOU HAVE SPOKEN TO US!

We have huge stock & great prices
Visit us in Portugal or Spain
Complete furniture packages from €4,599

FRONTERA
Muelle de Portugal, 55.
Ayamonte, Spain
Tel: 0034 959 470 971

FRONTERA / INTERIORISSIMO
Centro O Tradicional
Rua do Comércio - Almancil
Tel 289 392 461, 289 399 184
or 911 911 909

Monday - Friday: 10am - 6pm
Saturdays:10am - 2pm

halo Est. 1976 halohome.co.uk

info@furniturefrontera.com • www.furniturefrontera.co.uk

A passion for roses?

So often roses are the most loved plant, but also the most hated.

While some love the variety of appealing scents and styles, a long flowering season and an iconic image of romance, others curse them for their prickles and because roses can be plagued by aphids and black-spot, and can also demand high maintenance.

So how can we turn the rose into a plant that we will all love and cherish?

Adam Pasco, editor of BBC Gardeners' World magazine, insists that choosing roses is a very personal thing, and that someone else's taste may not be yours.

"Don't tar all roses with the same brush. Just because some roses don't appeal doesn't mean there aren't others out there you'll love," he says.

"There are roses to suit every style and taste. Search further than just your local garden centres to discover the rich and diverse range available. You'll find them all on the Internet, with colours to suit any scheme. Don't grow them in isolation, but mix roses with other flowers to create enchanting combinations."

Names play a big part in rose appeal, he believes. "Dozens of new varieties join old favourites each year, but those we love tend to have names that are personal and meaningful. "Their name is often as important as colour, shape and form, so search around for roses with names that really mean something to you."

If you want roses with real flower power, choose repeat-flowering varieties that bloom again and again, right through to the autumn. "For many people, a rose without scent simply isn't worth growing," Pasco advises. "While cut blooms in supermarkets often smell of nothing, those being bred for our gardens offer stunning fragrance to die for.

Aphids on a rose stem.

"In fact, good fragrance comes at the top of the list with most rose breeders, as they know that's what people are now looking for. Breathe in deeply when walking past David Austin-bred 'Mary Rose', for instance, and you'll be transported straight to heaven."

Roses used to have a reputation for being high-maintenance and demanding a time-consuming regular care regime, but now there are many new types on the market which simply don't need as much looking after.

"We now want roses that stay healthy naturally, without the need for regular sprays of fungicides to control blackspot and rust," Pasco explains. "Once again the rose breeders have come to the rescue, and modern roses are usually far healthier than the old varieties."

Hannah Stephenson

From plot to plate

Florence fennel

If you want a slightly more unusual vegetable to add an aniseed flavour to dishes or simply served as an accompaniment. It should be sown in February / March in drills 60cm apart, then seedlings should be thinned to 38cm when they are large enough to handle.

Fennel is a pretty, decorative plant with feathery foliage, growing to 1.25-2m, but it has a reputation for being difficult as it needs a well-drained soil to produce the crisp, aniseed-flavoured 'bulbs'. Plant in a sunny, sheltered spot.

Fennel should be watered carefully and not allowed to dry out. Give them a general purpose feed while they are growing and cover outdoor-grown plants with fleece at night if it's cold, even in summer.

Harvest them when they are the size of a tennis ball and don't leave it too long or they will bolt. Pull the whole plant up, cut off the root, lower leaves and top foliage back to a few centimetres above the top of the 'bulb'.

www.the-news.net

Canteiros do Sol, Lda.
Landscaping & Garden Maintenance
Imagine your garden...
...We will make it real
Contact us for a free quote
Visit us at www.canteirosdosol.com
Contacts:
canteirosdosol@sapo.pt
Tel. & Fax: 289316904
Mobile: 962482722
966178318

Q GARDEN
All pots 10% off
(from 13 to 18th July)
www.qgardenpt.com
E.N. 125 Odiáxere - 8600 • Lagos • Tel 282 799 633

GERALDES
Providing honest & reliable service for over 20 years.
Professionalism and craftsmanship guaranteed.
Landscape
Construction • Design • Maintenance
• Irrigation Systems
• Water Features & Ponds
• Personalized Grounds Maintenance Programmes
Call Joe for your free estimate
913 407 507 or 289 328 255
Bilingual Contractor (English/Portuguese)
E-mail: geraldespaisagismo@hotmail.com

ECOSSISTEMAS
prime
EMPRESA CERTIFICADA
eiC ISO 9001
GARDEN CENTRE
Tel: 282 768 776
Tel: 282 768 777
Mob: 918 798 515
Fax: 282 768 778
OFFICE
Tel: 282 799 537
Mob: 919 845 659
Mob: 961 345 276
Fax: 282 799 030
gardencenter@ecossistemasol.com | www.ecossistemasol.com
Garden Centre, Nursery & Pool Shop
All aspects of lanscaping service FREE quotation & design

ALGARVE TREE SERVICES
917 479 921
www.algarvetreeservices.com
PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER SERVICE
QUALITY TREE CARE ACROSSTHE ALGARVE

Construction

Creative interior and exterior make-overs

All types of construction & renovations

(including swimming pools & tennis courts)

General Home

- Faux ceilings
- Wall & room dividers
- Lighting & ambience
- All types of flooring
- Painting techniques
- Kitchens & bathrooms
- Equipment installation

General Home Construções Lda
Portimão • E-mail: ghome@bk.ru
(Portuguese) 968 398 286 (English) 968 506 093

In partnership with

Real Estate Agents
www.lecicasa.com
info@gupo-leciasa.com
914 856 159 • 282 429 035

ALVARÁ Nº 56504

Build 4-U-Lda

Villa Construction & Renovations

Over 20 years operating throughout Portugal

Contact Alan McCormick on 919 356 749
Tel/Fax: 289 394 196
build-4-u@sapo.pt
www.build-4-u-lda.com
Estrada Vale de éguas, nº. 18
Apartamento 4, 8135-018 Almancil

See page 2 for our exact print run this week.

Villa Construction
Renovations
Intelligent home systems and home cinemas
Building Management

FREE ESTIMATES GIVEN

SINCE 2001 AC CONSTRUCTION
ac.construction@sapo.pt
Tel: Armando 969 387 229

David Wilson, Lda

Construction and Renovation Specialists

Call 289 489 579 or 91 722 7087

Alvara License No 55928

Construction licence N.º 4566

João Nunes

Building your home

Since 1989

- New Home Construction
- Extensions
- Renovations
- Building Managment
- Swimming Pool Construction

We provide free written estimates and guarantees

www.joao-nunes.com

Av. José Costa Mealha Nº131-A, R/C Dto. 8100 - 500 Loulé
Tel. 289 417 867 Fax. 289 417 869 Mob. 966 570 158 geral@joao-nunes.com

Games

GAMES ROOM EQUIPMENT

FREE Air Hockey, Ping Pong or Football Table for NO Extra Charge With Every New Pool Table Purchase

REFURBISHED POOL TABLES – €850
ENGLISH SNOOKER TABLES – from €2850
PING PONG TABLES – €345, €445 & €545
AIR HOCKEY TABLES – €675
FOOSBALL TABLES – €425
FAMILY TRAMPOLINES – from €525

All including IVA, Free delivery, Free assembly & Free accessory pack

ALSO: COIN-OPERATED POOL TABLES & ARCADE MACHINES SITED IN BARS AT NO COST WITH ALL MONIES SPLIT

Call : 912 264 905
: 917 846 242
Web : www.fjnorth.net

POOL, SNOOKER, PING PONG, FOOSBALL, BAR BILLIARDS, AIR HOCKEY AND PINBALL TABLES, ARCADE MACHINES, COCKTAIL CABINETS, DART BOARDS, CABINETS AND OCHES, PLUS ALL ACCESSORIES, REPAIRS AND SERVICING.

Home Improvements

prepare for the mosquito invasion

with the black hole mosquito machine. five years proven as the best mosquito eliminator on the market and now at reduced price of €150.
Tel 938168354 • 967516981, jfc151@msn.com or www.expatessential.com

www.saveenergie.com

We have a large Quantity of LED Lighting for Home, Business and Garden

You can save upto 90% of energy costs.

Change your Halogen spots (50w) to LED spots (4,5w)

Have a look at out Homepage (24h) or come to our shop in Barão de São João, Lagos
Mon-Fri: 10am-1pm & 2pm-6pm Sat: 10am-1pm

ElectroComfort LDA

Tel/Fax 282 688 378 E-Mail info@electrocomfort.com

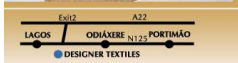
Interiors

THE HIGHEST OF QUALITY

DESIGNER TEXTILES

Quality fabric for less suppliers of

Curtains and poles
Blinds
Bed covers
Soft furnishings
Upholstry
Furnitre



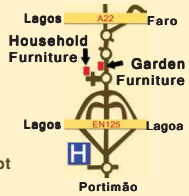
Tel/Fax: 282 799 610
Designertextiles@sapo.pt
Open Mon - Fri: 10am - 6pm
Loja 11, Parque Commercial do Infante, Torre, Odiaxere, Lagos

MÓVEIS MALHEIRO

Household & Garden Furniture

Mon - Fri: 9am - 7pm
Closed: 1pm - 3pm
Sat: 9.30am - 1pm

Urb. do Malheiro
R. das Acácias, Lote 4
8500-331 Portimão



Tel: 282 491 583 Fax: 282 492 249
moveis.malheiro@mail.telepac.pt
www.moveismalheiro.com

Bedspreads

Factory Outlet

THE PORTUGUESE LINEN SHOP

Established 20 years buying from the BEST manufacturers in Portugal

Stock clearance on poly / cotton sheets All sizes available

NOW IN TWO SHOPS

ALVOR: near old municipal market -13b Rua do Castelo, Alvor (see online for map)
Open Mon - Fri - 10.30am - 4pm Tel: 282 457 510

LAGOA: Located next to Total Petrol station - Beco Marquês Pombal, Loja B, on the EN125
Open Mon - Fri - 10am - 5pm
Sat - 10am - 1pm Tel: 282 353 244

Mob: 968 237 310

www.bedspreadsportugal.com - information@bedspreadsportugal.com

NEW PRODUCT - Complete 2 bedroom packages €12,500 inc. iva. - CALL FOR DETAILS.

Come and look, be inspired - add style to your home

LUZDECOR

Mobiliários, Cortinados e Decorações Interiores

We can transform your property completely or one room at a time

In house design service at NO extra cost

Turnkey packages available tailor made to suit your property and your budget

We look forward to seeing you at
Showroom: Lote 38, Vila das Acacias,
Praia da Luz 8600 - 124 Lagos
Tel. 282 789 849 Mob: 917 771 831
luzdecor@world.net.pt • Visit: www.luzdecorhome.com

The 6th largest weekly newspaper in Portugal, in ANY language!

www.the-news.net

Interiors

PROMOTIONS ON NEW PRODUCTS
Bedrooms Extra
The biggest 'British Bed' retailer in the Algarve
All in stock next day delivery
3ft mattress from €89
All British fire reg
Relyon
The Best Beds in the World
Full range
All mattresses British made to British standard
Large selection of dinning sets
Dura Beds with their great Perfect Scents lavander matresses
Full range
Over 100 bedrooms on display All Different
New products now arrived on promotion
Tel: 282 762 383
Fax: 282 792 113 | E-mail- sales@bedrooms-extra.com
Website: www.bedrooms-extra.com
Torre,Odiáxere 8600-Lagos
We take your old bed away and give it to charity
If you have seen the rest, please come and see the best.

Algarve
CURTAINS
QUALITY WORK AT SENSIBLE PRICES
Curtains, cushions, bed covers made to measure
Tracks and poles supplied and fitted
Foam cut to size
Tel: 282 493 238 Tm: 964 677 699
Rua Infante D'Henriques No. 42, Ferragudo, Lagoa

Assembly of Doors and Windows in PVC/Aluminium, Shutters, Mosquito nets, Blinds, Electric blinds, Conservatories.
PVC Directo
Tel: 916 184 148 / 969 410 952 • Fax: 282 380 308
pvcdirecto@gmail.com
We double the glazing – Not the price

www.the-news.net

Legal & Finance

AlexandraSoares
Advogada . Lawyer
Main office:
Rua Direita Casa 509 / 09
8600-160 LUZ LGS
Tel. (+351) 282 792 837 / 838
Fax (+351) 282 792 839
2nd office:
Rua Gil Leonel Lt. 16, Loja E
Urbanização Dunas de Lagos
Meia Praia
8600-315 LAGOS
info@alexandrasoares.com
www.alexandrasoares.com
License Nº 218 Faro | CED Profissional 218 Faro

Property Agents

kasas
Algarve Property .com
Tel 00351 289 310 310 · info@algarveproperty.com
How can we help you today?
Professional Estate Agents
www.algarveproperty.com
Gov. Lic. AMI 2196

To advertise, call our Sales Manager on 707 500 677

Property Services

Portugal Auctions
Pro-Active Property Marketing
Buying or Selling Property?
Pro-active Property Marketing through Auctions, Exhibitions & i-spy360 Virtual Tours
Welcome to our Website
www.portugalauctions.com
Your Property Partner - Turning Dreams into Reality!

First House raffle in the Algarve, Portugal
Win your dream house with a ticket for only €99.
www.dietraumvillaverlosung.at

CONSTRUCTION
Interior & Exterior Renovation • Architecture and Engineering Projects • Insulation & Painting • All Manner of Repair & Maintenance Work
VILLA MANAGEMENT
Cleaning Service
PalmeirasdoSul Construções, Lda.
Alvará nº 51409
Head Office: Rua das Amendoeiras lote 54
Aldeia do Carrasco, 8500-436 Portimão
Store: E.N. 125, Nº 119
Bairro da Boavista, 8500 Portimão
Tel / Fax: 282 082 817 / Tlm: 939 459 791
palsul@netvisao.pt / geral@palsul.com
www.palmeirasdosul.pt / www.palsul.com
DOORS AND WINDOWS
SALE & INSTALLATION
(Showroom)
PVC and Aluminium Doors and Windows
Fly Screens • Blinds • Curtains etc.
Opening new store Sep/Oct with showroom
Bairro da Boavista near new shopping centre, Portimão

THE PORTUGAL News Established 1977
See page 2 for our exact print run this week.

How to ready a room for vinyl flooring

Get those jobs done with a little help from DIY guru Julia Gray.

Top tips for... preparing to lay vinyl

• A cheaper alternative to a tiled floor - and one that's quicker to fit - is sheet vinyl. Vinyl is ideal for kitchens and bathrooms because it's water resistant, easy to clean and comparatively warm underfoot. It's also usually inexpensive - you can get some nice vinyls that will look good for years to come, if fitted properly.

• The sub-floor is crucial to how good the finish will be, and should be clean, dry and as stable and flat as you can get it. If the sub-floor is concrete, use cement mortar to fill any cracks and holes. An uneven concrete floor can be improved with a self-levelling floor compound, available from DIY stores.

• If the sub-floor is floorboards, knock any protruding nails down with a hammer-and-nail punch. Be careful when working in an upstairs room, as you don't want to damage the ceiling below with over-enthusiastic hammering. Screw down any loose boards, checking first that there aren't cables or pipes underneath. Floorboards have a tendency to move, so make them as secure as possible - you could even screw them all down.

• When the boards are secure, cover them with hardboard so you have a flat, uniform surface on which to lay the vinyl. Like most flooring, hardboard needs to be acclimatised to the room it's going to be laid in. Do this by brushing water onto the rough side of the boards and leaving them stacked flat for a couple of days with the rough sides touching. You should also leave your roll of vinyl in a warm room for at least a day to make it easier to lay.

• Fix the hardboard (rough-side up) with 19mm annular nails, ensuring that the heads don't stick up and, again, that you don't hammer through any cables or pipes underneath.

Man fitting a sub-floor ready for a vinyl floor to be laid over the top.

Top tips for... laying vinyl

• Start by clearing the room and unrolling the vinyl. Trim the vinyl roughly to fit, leaving 5cm or more excess all around the edge of the room. If there are any large areas where the vinyl will be wasted, such as a fireplace hearth, roughly cut around them now, again allowing at least 5cm excess to make the vinyl more manageable.

• Cut down through the excess to the floor at the corners of the room, then cut the vinyl to fit along the walls. To do this, take a block of wood and use it to press the vinyl into a crease along the bottom of the skirting boards, trimming off the excess neatly with a sharp craft knife - you may find it easier to use a metal ruler when cutting.

• If you cut the vinyl too short, either pull some over from the other side of the room if possible, or hide your mistake with a piece of beading, which you can fix to the skirting board as you would with laminate flooring.

• Awkward objects, such as toilets, can be tricky to negotiate. To fit the vinyl around something like this, cut it down from the top of the excess to the floor every few centimetres. Once you've made cuts all around the base of the object and pushed the vinyl in place, neatly trim to fit.

• When you've finished laying the floor, leave it for a few days to settle, then fix it in place at the doorway with vinyl tape. For a neat edge and to prevent the vinyl being torn, fit a metal threshold strip to cover the join between the vinyl and the flooring on the other side of the door, being careful not to screw through any cables or pipes underneath.

UNLIMITED FREE national & international CALLS

PART OF THE PORTUGAL NEWS GROUP Established 1977

Terms & Conditions apply

ONE fone HOME

Tel: 707 500 600 today

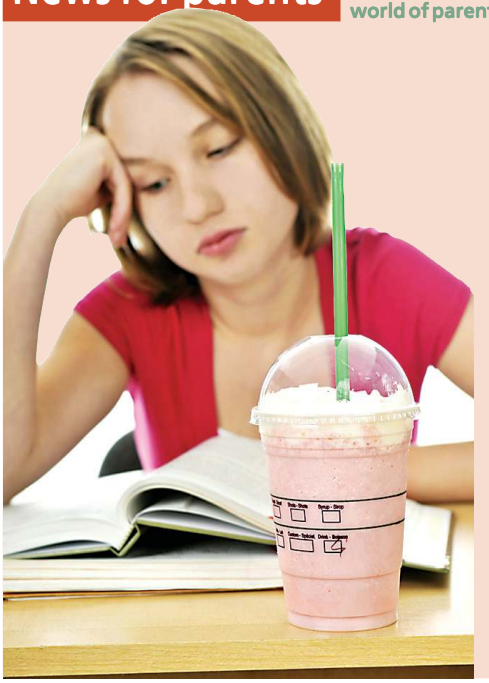
www.worldtelecom.pt

WORLD TELECOM

*Free calls are to fixed lines in: Portugal, UK, Germany, Holland, Ireland, Austria, Spain, Belgium, France, USA (incl. USA mobiles) and Canada. Prices do not include IVA. The Home Plan offer is for domestic use only and subject to a "fair usage" policy. The Business Plan includes 500 free minutes. You can keep your home phone number and then cancel your PT line rental (there is a small one-time charge to transfer your number). The desktop phone costs €60 + IVA to purchase, and the mobile costs €85 plus IVA . We also offer fully mobile internet. Terms and conditions apply.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.



More than a third of teenagers admit to using caffeine tablets or energy drinks to help them study, new research has found.

A study by the UK School Food Trust discovered that students revising for exams skip meals, do less exercise and indulge in more junk food.

The poll, of 500 13-to-17-year-olds, reveals Britain's teenagers often underestimate the importance of healthy living while studying for GCSEs and A-levels.

It found that only 48% thought that eating properly was important to help them revise, with less than one in five feeling that exercise was important in their study regime.

One in four (26%) used energy drinks, while 11% admitted to using performance enhancers such as caffeine tablets.

Chocolate was the revision food of choice for 42% of those questioned, followed by fizzy drinks and biscuits (33% and 31% respectively).

Some things never change.

More children are being admitted to hospital with burns partly because of the huge popularity of hair straighteners, a charity has said.

The number of accidents in the UK involving under-fives is down, but in the past 10 years the number getting burned has risen by 50%, the Child Accident Prevention Trust (CAPT) said.

According to NHS statistics, in 1997-98 233 children under five needed hospital treatment for burns, and in 2006-07 this increased to 358.

Straighteners can reach temperatures of up to 220C and remain hot for up to eight minutes after they have been switched off.

A child's skin is much thinner than an adult's, so the burns can cause permanent scarring, the CAPT said.

So mums need to keep those straighteners out of children's reach for a long time after they're switched off.

Fathers are treated with distrust and are even regarded with suspicion by 'mumsy' child services, it has been claimed.

A poll commissioned by the Fatherhood Institute found some fathers felt they were treated with distrust or were not properly acknowledged.

The study of 500 dads revealed that 28% felt they were regarded with suspicion or not taken seriously as a parent despite the fact that almost all (96%) had taken their children to medical appointments and 93% had attended school events such as a sports day or parent's evening.

Over two-thirds (67%) of fathers said they thought information provided by healthcare and education services for parents was more geared towards mothers than fathers, and 46% believed those services addressed their partner rather than them.

But as dads get more and more involved with bringing up their kids, surely things will change?

Ask the Expert

Q: "My marriage has broken down, and although we argue a lot we've decided to stay together for the sake of our children, who are eight and 12. Are we doing what's best for them?"

A: Kelly Musick, is an associate professor at Cornell University, New York State, and co-author of the recently-published study Are Both Parents Always Better Than One?, which tracked children from the age of four to 34 years.

She says: "It's hard to say what's best for any individual child.

"We used survey data to examine links between children's family lives in adolescence and their health and well-being years later.

"We found that kids who lived with both their biological parents tended to do better as young adults - but not if their parents frequently argued.

"Compared to children whose parents got along, children whose parents frequently argued were more likely to binge-drink, smoke, underachieve in school and start their own families at a young age.

"They compared about the same as young adults who grew up with a single parent or stepparent.

"The results of our study are based on typical experiences, but not every child reacts in the same way to parental conflict or separation. Moreover, the effect of parents' conflict on children may depend on how that conflict is managed - for example, how often parents argue in front of kids, or how parents resolve their fights.

"These may be important for children's well-being, yet we were not able to include them in our study.

"Marriage is not a blanket prescription."

Win... a Pamper Your Senses Package

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 flowers (see the photo above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three flowers email us with the company names of the three advertisers.

Win a 'Pamper Your Senses'... Package

A wonderful head to toe package with everything you need to completely relax ensuring that you will leave the treatment room feeling as pampered as can be. Using leading products to make your treatments even more special.

- Dermalogica Facial
- Aromatherapy Back Massage
- Jessica ZENspa Pedicure
- Jessica File & Polish Manicure

Ten Runners up will receive a mini dermalogica facial.

Senses... skin care centre

Beauty and Skin Care

Senses... Skin Care Centre
Rua 1 de Maio, N 36,
Lagos, 8600-757
Tel: 282 762 261
www.senses-skincare.com

HOW TO ENTER:
Study all the adverts in the paper, and look for 3 flowers, like the one at the top of this announcement. Once you have found them, email us at competitions@the-news.net with the company names of the three advertisers. Please write 'flowers' in the subject line.We will draw the winners each Wednesday and the first correct answer that clearly identifies the locations of the flowers will win. The winner will be announced the following week.
Runner's up will be advised by email and the email will be considered to be one voucher.
Remember, if you don't win this week, try again next week until the competition ends on the 5th August. Winners will be sent a confirmation letter with instructions on how to claim their prizes.
There is no cash value or alternative to the competition prizes.

Last week's winner of two Discover Scuba Diving experiences was: Carole Good-Dixon from Alcantarilha

• FREE COMPETITION • FREE COMPETITION • FREE COMPETITION •

Three ways to...

deal with a child's annoying bad habits

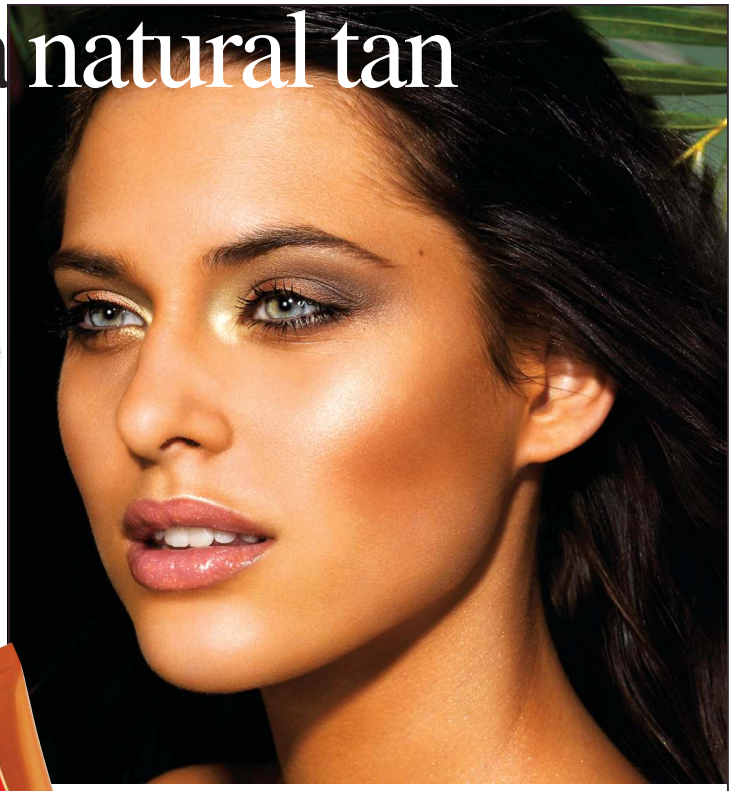
1. Ignore the behaviour as much as possible, especially if it isn't disruptive, and offer lots of praise and attention when he isn't doing it.

2. Give simple reminders to help him know when he's doing it, like a special hand signal or a tap on the shoulder.

3. Offer a substitute, like a squeeze ball, or encourage him to make a fist, and give an incentive for stopping, like a star chart.

Be on trend with a natural tan

Lisa Haynes shows how to get a golden glow for high summer minus the sunshine.



The Body Shop bronze beauty.

Scorching temperatures and blazing sunshine have put us all in the summer mood, but walking around with whiter-than-white pasty skin just doesn't fit.

If you missed basking in the recent heatwave because you were tied to your desk or wanted to protect your skin, faking the bronzed beach babe look has never been easier.

Forget the dated 70s super-glow and think noughties natural. Max Factor's make-up artist Caroline Barnes says: "Summer 09 is all about embracing a gentle, subtle looking glow that waves goodbye to decades of rich, bronzed celebrities. Even Victoria Beckham has gone au naturel recently."

Time to freshen up your bronzing beauty for the summer months ahead with our make-up pointers from QVC's beauty expert, Alison Young.

Shun the sun and fake a natural golden glow.

• How do I achieve this season's bronzed look?

The golden goddess look is best achieved on an understated complexion so don't go overboard with the bronzing brush, and never apply a bronzer that's more than two shades darker than your natural skin tone.

"Use self tan first to give yourself a light bronzed base and then highlight eyelids and cheeks with a subtle hint of gold," Alison recommends. "Always use a clear lip gloss on lips instead of colour for a more sophisticated look."

• Should I use a different fake tan for face and body?

It's possible to find a product that multi-tasks on both face and body but if you're a fake tan addict, it's worth investing in two different products for the bathroom cupboard.

"The actual tanning ingredient is the same for both products, but it's the carrying agent that's different," Alison explains. "A face tanner is a lighter formulation and will generally have more anti-ageing ingredients whilst a body tanner will be much thicker and will be more moisturising.

"If you're looking for a product suitable for both face and body, opt for a serum-based product."

• How do I avoid a high-shine effect?

Do you get a dewy complexion from the heat? Shimmery bronzers will only add to your shiny face woes.

"Some face bronzers do have too much shimmer in them, which can give a shiny appearance," says Alison. "The trick is to use one of the modern bronzers that have hydrating properties and a matte finish for a natural looking colour.

"My top tip is to make sure you always apply your bronzer in bright light which will show up the sheen to make sure you don't overdo it on the shimmer."

• What's the best fake tan for pale skin?

Don't go overboard on the tea-stain style tanners if you're ghostly pale. It will only lead to streaking disasters. Alison recommends a gradual tanner for pale skin: "They are essentially a moisturiser with a hint of self tan which builds up with daily use," she says. "Little and often is the key to ensure you don't build up too dark a colour too quickly.

"Alternatively if you would like a self tan lotion, opt for one that comes in several shades to ensure you get the perfect colour match."

• I'm confused by the different types of bronzers, what's best?

The shelves are stacked with a variety of bronzing applications from gels to shimmer sticks but achieving a good base colour is most important for pulling off your golden glow.

Alison says: "I'd recommend using a shimmer brick with a variation of shades - you can blend them together for a subtle sheen on your forehead, nose and cheeks or you can use each colour separately as individual eyeshadows."

• What's the best way to apply bronzer?

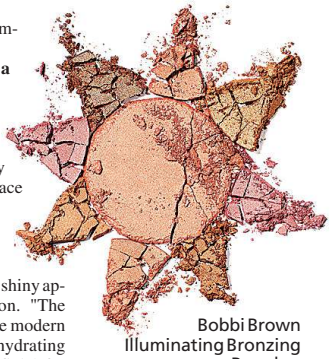
Avoid the two-tone look with your face and body by giving your skin the all-over glow treatment. Try using a metallic cream to highlight legs and décolletage.

"The secret to avoiding a bronzed face and pale neck is to gently self tan your neck and not your face," Alison recommends. "When you wear bronzer on your face the colour will blend into your neck and will give a much more natural and less 'made up' look."

• Can I buy a bronzer with SPF?

Yes, but never scrimp on the sun protection just because you've discovered a new make-up bronzing product containing bonus SPF. A burning red glow is not the look you're going for!

Alison explains: "Mineral formulas and face tanners with SPF will help shield against the sun's rays, however, it's not an all-day protector so it's a good idea to put a high SPF sunscreen on underneath your bronzer."



Bobbi Brown Illuminating Bronzing Powder.

Guinot Lift Bronze SPF10

As seen on TV's '10 Years Younger'
CACI International
DONA KAREN
CACI BEAUTY SALON
• CACI ULTRA Non-Surgical Lifting
• Reiki and Massage
Fantastic Introductory Offer on
BOTOX & Fillers by Harley St. Specialist
K
R. Manuel Belmarço 31 8000-390 Faro • Tel 289 813 538 • 962 012 111

Skin & Beauty Specialists
Bio-Therapeutic
Advanced anti ageing treatments & non surgical facelifts.
Botox & Dermal Fillers
'Radiesse' - award winning filler
Dermalogica Facials... Massage... Waxing... Aromatherapy...'Eye Lash Extensions'... Jessica Manicures & Pedicures... Body Treatments... IPL...
We also offer 'Senses... Mobile' experience senses... in the comfort of your own home or holiday villa 'wherever you are'
Dermalogica In Store & Online
Visit our website to receive great savings off Dermalogica products the #1 professional skincare products.
Free dermalogica gift.& free shipping worldwide. You can also solve all your skin care problems with our online skin therapist.
Senses... skin care centre
Beauty and Skin Care
Senses... skin care centre, Lagos
282 762 261 / 913 275 869
www.senses-skincare.com

Centro Comercial Portimão
CONTINENTE
60 Lojas Stores 6 Cinemas Cinemas 12 Restaurantes Restaurants

Collections
LADIES' FASHIONS FROM ALL OVER EUROPE
Summer Sale
Blue Bar, Hotel Montechoro, Albufeira
Monday 13th July: 10am-5pm
Hotel Vile Gale, Tavira
Tuesday 14th July: 10am-5pm
Reception, Monte Carvoeiro
Wednesday 15th to Friday 17th July: 10am-5pm
Contact Alison on
282 358014
or e-mail greening@sapo.pt
25% or more off
Shop at Quinta da Praia, Alvor - 282 476 574
Mon - Fri: 10am-1pm & 3pm-6pm • Sat: 10am - 1pm

Giving back freedom

Primarily it is the over-65s that have difficulty walking long distances, but every year hundreds of thousands of people are afflicted with muscular diseases such as muscular dystrophy and multiple sclerosis.

Those who have suffered heart attacks or strokes, or other conditions find freedom of movement curtailed, missing the everyday pleasures that are taken for granted.such as going to the supermarket, cinema, restaurant, or the beach. Their greatly reduced mobility limits some of the most desired summer pleasures, such as outings with family and friends or just a drive through the countryside.

Fortunately for the last ten or so years three and four wheel electric mobility scooters have been developed, now with many new advances for these very victims whose freedom had been cut drastically. You will probably have noticed someone on a compact scooter at a supermarket or shopping mall, which can be disassembled without tools and stowed in the back seat or boot of your car.There are also more heavy duty electric mobility scooters that can travel greater distances. One newly developed scooter is now available in the Algarve. The Beach Buggy, built with oversized wheels that help prevent it getting stuck in the soft beach sand.These scooters can be bought or rented and have enabled the vacationer or Algarve resident to regain much of their lost freedom. If you want more infomation: tel: 915 504 248or go to: www.algarvemobility.com

Are you up to date on food

Confused by all that packaging saying 'Sell by', 'Use until' and 'Best before'? We look at these labels more closely

Fridges piled high with mouldy cheese, wilted lettuce and psychedelic-looking slices of meat have always been the trademark of a typical student household. But they are now cropping up among everyday consumers who can't be bothered with all the 'use by', 'best before', 'sell by' and 'display until' dates stamped on their food packaging.

Knowing what's what could save your life, as eating food that's gone off can lead to health problems ranging from light stomach cramps to fatal E.coli poisoning. Tens of thousands of Britons go down with food poisoning every year and more than 400 people will die from it.

Plus there is all the food waste. The average UK household throws out £420/€488 worth of edible food every year - 4.1m tonnes in all. Most of this is down to poor food storage and confusion over food labelling, says Julia Falcon of the Government campaign Love Food, Hate Waste.

"The problem is there isn't just one label, there are about four, and there are variations of these four," she says. "In fact, about 50% of consumers are confused by the labels and don't understand the differences between them."

Only two of those labels - use by and best before - are required under EU legislation and these are for you, the consumer. The other two, sell by and display until, are simply reminders to help supermarket staff.

Follow our guide to knowing how to tell your dates apart.

:: Use by

This is the only date you really need to look for, as use by means exactly that. And you don't have to eat it before that date: you actually have until the end of that day to consume (or freeze) the product. "The use by date is a safety measure on food and drinks that are easily perishable, like dairy, soft cheeses, ready-prepared salads, fish and cooked meats," says Falcon.

While you might think risking a day beyond the date is fine, don't trust your nose or eyes on these foods as looks can be deceiving, says the Food Standards Agency's Brad Smythe. "Most food bugs aren't visible to the eye and don't smell of anything either," he says. "So you could follow your nose with a piece of

NURSING
FOR ALL OF YOUR NURSING & CARING NEEDS
24 HOURS A DAY, 7 DAYS A WEEK
ALGARVE ANGELS
Call 282 688 365 or 937 021 451

Get back on course with BOWTECH
Fast permanent results for:
back pain • sciatica • migraines
menstrual & hormonal problems
groin pain & pelvis tilt
sports injuries • arthritis
neck and frozen shoulder
carpal tunnel syndrome
ear infections • eczema
Patrick Matthews is the most experienced practitioner in Portugal with a 90% success rate.
Tel: 914067285 email: bowenboy@gmail.com
www.bowenhealingholidays.com

BOWTECH
The Original Bowen Technique
Bowen therapy for everyone
Aches Pains Injuries Illnesses
This highly acclaimed treatment is now available in the Portimão/Monchique area
Phillippa Birchenough BTAA
tel: 917689993
birchenough.bowen@vodafone.pt

Cris Piessens Clinic
DENTAL CLINIC
IMPLANTOLOGY CENTRE
Latest technology - Over 20 years' experience
THE CENTRE OF EXCELLENCE FOR DENTAL IMPLANTS
We also offer crowns and bridges
PLUS the whole range of treatments
for all the family in our Albufeira clinic.
English • Portuguese
German • French
Dutch spoken
SAME-DAY EMERGENCY SERVICE AVAILABLE
on 966 017 783
Tel: 289 589 080 • www.crispiessensclinic.com
crispiessensclinic@gmail.com

Home Visits Available
2 HOUR DENTURE REPAIRS
FLEXITE PLUS
super flexible
unbreakable dentures
no more metal clasps!
Alan I Gale Denture Studio
Tel: 282 442 302 • Mob: 916 717 113
alan.ivor.gale@gmail.com
Medical Devices Agency registered

The Bowen Technique
Europe's fastest growing Complimentary Therapy
BOWTECH
"You really do not have to be in pain. Bowen will help with everything from migraines to bunions and everything in between!!"
with
Gareth Bullock
Tm. 912 540 071
Tavira Olhão São Bras Almancil Vilamoura

RIVERSIDE INTERNATIONAL
MEDICAL CENTRE
CENTRO MÉDICO INTERNACIONAL
Dr. med. Univ. Zürich
ANDREAS J. MESZTICZKI
Specialist in Internal and General Family Medicine
Accident & Emergency Medicine
Aviation Medicine - Flight Surgeon
Authorised Medical Examiner/AME by INAC
Vaccination Centre - Chirotherapy
SERVICES
24h Emergency Service • All laboratory testings
Ultrasound • ECG • Stress ECG • Home visits
Check-up / Cancer screening • Physiotherapy
Ear / eye / lung tests • INR Testing • Minor surgery
Fitness for air travel certificates
Medical Evacuation Flights
Pilot & Driving License Medicals
Wheelchair friendly accessibility
Tel. 289 99 77 42 • ajm@oninet.pt
24 Hr Service - Tel. 919 657 860
Opening Hours: Mon - Fri 9-12 & 16-18 hrs
Rua de Faro 34,
8005-531 Santa Barbara de Nexe/Faro
(opposite the Pharmacy)
GPS coordinates: N 37º 06.118´ W 7º 57.822´

Monte da Palhagueira Retirement Village
* 55 Years old or over?
* Thinking of security for the future?
* Want to live in a safe, pleasant and healthy environment?
Consider Monte da Palhagueira Village
32 houses and apartments set in 22 acres of landscaped grounds, offering independence, peace of mind and security for retirement. Amenities include 2 swimming pools, putting green, croquet lawn, boule pitch, village hall, restaurant, hairdresser, physiotherapist, church and British trained medical staff on duty at all times.
Contact Clive Roberts • Monte da Palhagueira Village
Gorjões, 8005-488 • Santa Barbara de Nexe • Faro
Tel: 289 990900 • Email: montedapalhagueira@gmail.com

labels?

cooked ham, but it could have E.coli 1507 on it, which would kill you."

Use by dates are determined in relation to the growth of potential germs on the food, such as E.coli, salmonella or listeria. Eating the food within the use by date means that the germs won't have had a chance to grow to a potentially dangerous rate. But eat it past the date, and your health may be at risk.

:: Best before

These dates relate to food quality, not safety, and can usually be found on frozen, dried or canned foods such as breads, cakes and rice. "These are foods that normally have a longer shelf life," says Falcon. "And while they're best before the date, you can eat them after it quite safely."

Eggs are the only food whose best before label should be viewed as a use by date, as they can contain salmonella bacteria, which can start to multiply after this date. But consumers are using best before dates as use by guidelines for all foods, not just eggs, the UK Government has found.

Research for the Waste and Resources Action Programme (WRAP) found that 53% of people would never eat past the best before date, resulting in more than 370,000 tonnes of food being thrown away each year, 40,000 tonnes of which was never opened but still perfectly edible.

:: Display until & sell by

These dates are instructions for shop staff only, and should be ignored by consumers. Falcon says the health effects of eating past the sell by date are "nil". "Sell-by and display-until dates are only to help store staff, so they shouldn't bother us as consumers."

Supermarkets will often offer discounted prices on food that has passed its display until/sell by dates, but that doesn't mean that it's unsafe to eat, says Falcon. "Keep in mind that if you buy fresh fruit or veg from the grocer, it won't have any dates on it at all," she says. "So you have to learn to trust your own senses in establishing what's OK and what's not OK to eat. "If the food does have a label, the only one you really should look for is the use by one," she continues. "That's imperative to your health."

:: Food storage sense

Most of us think that throwing anything in the fridge will make it last longer, but nearly two million tonnes of food are wasted every year because we don't know how to properly store it, UK Government research has found. While some things are better in the fridge, others are best in the store cupboard. And learning what should go where will make your food last the longest, says eco chef Arthur Potts Dawson.

"When you put away your shopping, make a list of the dates by which perishable food has to be eaten," he advises. "If things change during your week and you can't stick to your plan as a result, cook the food and freeze it, rather than throwing it in the bin."

Love Food Hate Waste (www.lovefoodhatewaste.com) has some great tips on understanding labels and advice on how to use your store cupboards, fridge and freezer at their most efficient, here are some tips to get you started:

:: Fruit

While 74% of us keep apples in a fruitbowl, they last around two weeks longer in the fridge, research has found. However, bananas should always be kept out of the fridge, as they tend to go black in colder temperatures.

:: Bread

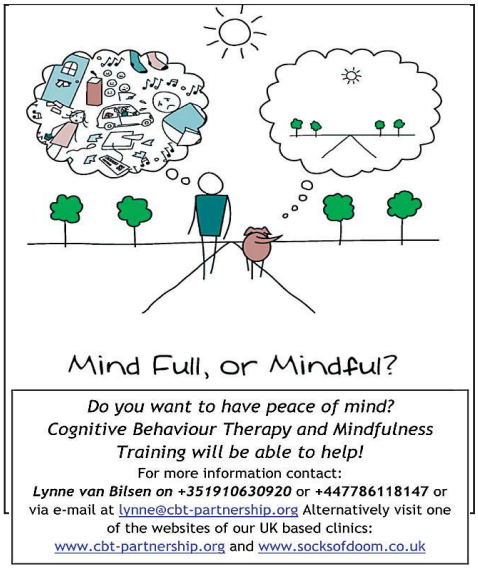
"A vast quantity of bread is thrown out when we could just freeze it and use what we need when we need it," says Falcon. For those of you looking to reduce mould on your bread, however, don't place your loaf in the fridge. "The fridge actually causes the starch to break down faster and make the bread deteriorate, so always store your bread either in the larder or in the freezer," advises Falcon.

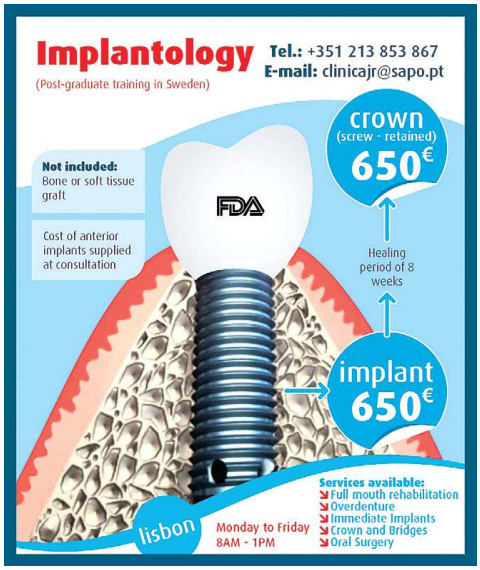
:: Meats, fish & cheeses

Falcon says, "As long as you put meat and fish in the freezer by the end of the use by date, it can last for months."

Cheese is also good to store in the freezer, whether it's a block or a few gratings. If you've got the end of some cheese that you'd like to use, grate it, put in a bag, and use it as a pizza or pasta topping later.

Kate Hodal





Alarms

RESPONSE ALARMS ■10
Home Security Systems
Tel: 282 356 083
Mob: 918 987 093
paul-responsealarms
@hotmail.com

Antiques

FRED PEETERS
Dutch Antique Dealer
Messines
Tel: 282 338 602

Bureaucracy

JST
Beauracratic help
Vila Nova de Cacela, Tavira
Tel: 281 951 108
Mob: 962 831 105
jst.doc@sapo.pt

SOVEREIGN
For your fiscal representation
Tel: 282 340 480
port@SovereignGroup.com
SovereignGroup.com/Portugal

Chauffeurs

VIP CHAUFFEURS ALGARVE
Airport transfers
Making you the VIP for less than the cost of a taxi
Tel: 282 695 074

Computers & Office supplies

AA PC SURGERY ■15
Personally Tailored Laptops and PC's created for your needs - Everything in English
Tel: 707 940 332
sales@worldtelecom.pt

ALGARVE COMPUTER SOLUTIONS
English desktops & laptops.
Repairs & upgrades.
Free international calls
Tel: 282 471 148
Mob: 962 598 966
nick@algarvecomputersolutions.com
www.algarvecomputersolutionscom

ALGARVE LAPTOPS
English laptops / PCs & support
Repairs, upgrades & support.
Tel: 282 312 044
www.algarvelaptops.com

Education

CENTRO DE LÍNGUAS DE LAGOS
Language School
Rua Dr. Joaquim Tello - Lagos
Tel: 282 761 070
info@centrodelinguas.com
www.centrodelinguas.com

CLCC - CENTRE
Language School
Portimão – Jardim Gil Eanes
Tel: 282 430 250
geral@clcc.pt
www.clcc.pt

UNIVERSIDADE DA CRIANCA
Crèche & pre-school
Portimão
Tel: 282 423 974
reitoria-uc@ideas4
tomorrow.com

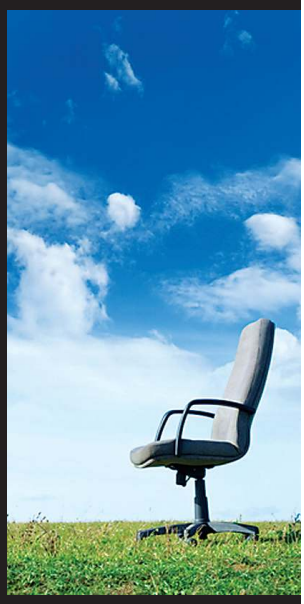
Entertainment

FARO JEWISH HERITAGE CENTRE
Synagogue Museum
Tel (Centre): 289 829 525
(Guide) 936 394 488
Ralf.Pinto@sapo.pt
www.farojewishheritage.org/

STANDING OVATION
Wedding blessings, Events & Party organisor
Tel: 914 599 933
www.standingovationalgarve.com

Need an office?

Are you finding it difficult to run an office?
Do you want to save on staff costs and overheads?
Lingua Franca is your answer
We can answer calls in your name. Nobody will know they are not talking directly to you or your staff.
We speak English, German or Portuguese, take messages and then let you know by email, text or fax.
For details call 707 500 016 or email us at sales@lingua franca.cc



LINGUA FRANCA CONTACT CENTRE
part of The Portugal News group

Landscaping Gardens & Ponds

ALGARVE TREE SERVICE
Tree Surgery
Vale Grito, Aladena, Lagos
Tel: 917 479 921
www.algarvetreeservice.com

ECOSSISTEMAS ■15
Garden Centre
EN125, Odiaxere, Lagos.
Tel: 282 799 537
Fax 282 799 840
www.ecossistemas.com

GERALDES LANDSCAPE
Construction and maintenance
Tel: 289 328 255
Mob: 913 407 507
geraldespaisagismo@hotmail.com

HARVEYS OF LOULÉ
Garden Construction & maintenance
Loulé
Tel: 289 412 462
Mob: 916 048 671
harvcor@sapo.pt

NORMAN GROUNDWORKS
Gardening & landscaping
Tel: 282 332 899
Mob: 963 134 129

Q GARDEN
EN125 Odiaxere
Tel: 282 799 633
qgarden@mail.telepac.pt
www.qgardenpt.com

Health & Beauty

ALGARVE ANGELS
For all your nursing & caring needs throughout the whole Algarve
Tel: 22 021 451
Mob: 937 021 451

ALAN GALE DENTURE STUDIO
Silves
Tel: 282 442 302
Mob: 916 717 113

ANDREAS J. MESZTICZKI MD
Riverside International Medical Centre
Santa Barbara de Nexe / Faro
Moncarapacho - Tavira -
V.R. Stº António
Tel: 289 997 742
24hrs service: 919 657 860

BOWEN TECHNIQUE
Central and East Algarve
Gareth Bullock
Mobile: 912 540 071

BOWEN THERAPY ■10
Portimão/Monchique area
Phillippa Birchenough BTAA
Mob: 917 689 993
birchenough.bowen@vodafone.pt

CENTRO ACTIVO
Physical rehabilitation & maintenance physiotherapy
Portimão
Tel: 282 422 104
centroactivoportimao@gmail.pt

CRIS PIESSENS CLINIC
Albufeira
Tel: 289 589 080
Fax: 289 589 716
crispiessensclinic@gmail.com
www.crispiessensclinic.com

CLÍNICA DENTÁRIA
Dra. Cristina Fernandes
(Dental Clinic)
Rua João Menezes, Nº 8 r/c,
8400 Lagoa
Tel: 282 342 920

DONA KAREN
Beauty Therapy
Faro
Tel: 289 813 538

DR. FRANCIS HALEY
Dental Surgeon
Av. 25 Abril, 184-1ºC,
Cascais
Tel: 214 863 012

LISBON IMPLANT CENTER LDA
Lisbon
Tel: 213 853 867
email: infoaesthetic@sapo.pt

LUZDOC INTERNATIONAL
Medical service
24hr emergency Nº
917 811 988.

MINDFUL
Peace of mind?
Cognitive behaviour therapy & minfulness training.
Tel: 910 630 920
Tel: +44 7786 118 147
lynne@cbt-pertnership.org

MONTE DA PALHAGUEIRA
Retirement Village
Gorjões, 8005-488,
Santa Barbara de Nexe, Faro
Tel: 289 990 900
montedapalhagueira@gmail.com

PERFECT SMILE
Dental clinic
Cruz da Bota, lote 6
Estrada se Alvor.
Tel: 282 457 018
www.perfect-smile.pt

SENSES... SKIN CARE CENTRE ■15
Beauty (and skin care)
Rua 1 de Maio, N36, Lagos
Tel: 282 762 261
Mob: 913 275 869
info@senses-skincare.com
www.senses-skincare.com

SULCARE
Mobility Aids
www.sulcare.com
Tel: 289 417 243
Mob: 964 805 111

Heating & Cooling

BARLAVENTO REFRIGERATION
Air conditioning, pool heating, underfloor heating
TeL: 917 230 727
paulkent-aircon@hotmail.com

DOMUS HEATING ■15
Underfloor heating,
EN125, Sitio Benfarras
Boliqueime
Tel: 289 322 852
Fax: 289 322 894
domusheating@mac.com
www.domus-heating.com

ELECTROCOMFORT
Natural stone & under-floor heating, air con & solar systems
Tel/Fax: 282 688 378
info@electrocomfort.com

FIRES OF PORTUGAL
Wood burning & Gas Fires
Tel: 289 489 958
Mob: 967 721 209.
carolinsalir@mail.telepac.pt

MISTER COOL ■10
Heating & Cooling
Lagoa
Tel/Fax 282 381 364
Mob: 917 175 818

SACL
Heating & Cooling
Vale de Lousas
EN125 - Alcantarilha
Tel: 282 314 190
Tel: 282 322 175
Fax: 282 314 191
rscl@mail.telpac.pt

Holidays, Travel & Tours

ALGARVE TOUR
Travel
Albufeira & Faro
Tel:289 890 226

ANA - Aeroportos Algarve
Fly direct to major European Cities
Tel: 289 800 617
faroairport@ana.pt
www.faroairport.com.pt

AIRPASS
Online ticket reservations
Tel: 282 480 580 (Algarve)
Mob: 932 070 707
Tel: 218 439 510 (Lisbon)
Mob: 932 090 909
info@airpass.pt

LONDON MARRIOTT
Hotel
West India Quay
(Canary Wharf)
London
Tel: +44 207 093 1000

VILLA SOL
Hotel
Morgadinhos
Tel: 289 320 320
Fax. 289 320 431

FOR FULL DETAILS, PLEASE SEE OUR MAIN ADVERT

www.the-news.net

Interiors

ABODE FURNISHER
The Algarve leading furniture package specialist
Tel: 282 762 070
info@abode-group.com

ABSOLUTE ESSENTIALS
Furniture and accessories
Tel: 959 322 292
absolutefurniture@btinternet.com

ALGARVE CURTAINS
Curtains, cushions, bedcovers
Ferragudo
Tel: 282 493 238
Mob: 964 677 699

BEDROOMS EXTRA
Bedrooms, sofas & dining
Parque Industrial O Infante
9-10 Torre. Odiaxere
Tel: 282 762 383.
sales@bedroomsextra.com

BEDSPREADS FACTORY OUTLET ■10
Soft furnishings
Lagoa & Alvor
Tel: 282 353 244
Tel: 282 457 510
info@bedspreadsportugal.com

CASA DOS COLCHOES
Matresses/beds
Almancil
Tel: 919 244 499
jscasadoscolchoes@sapo.pt

DESIGNER TEXTILES
Inhouse designs service, curtains, sofas etc.
Tel: 282 799 610
designertextiles@sapo.pt

DTC - INTERIOR DESIGN SHOP
Design with a difference
Rua José Ventura Neto Cabrita, Lagos.
Tel: 282 782 311
dtcinteriors@mail.telepac.pt

FURNITURE WORLD
Solid wood furniture at realistic prices
Chinicato, Lagos
Tel: 282 798 263
www.furnitureworld.pt

FRONTERA
Complete High Quality Home Furnishings
Tel: +34 959 470 971
sales@furniturefrontera.com
www.furniturefrontera.com

KA INTERNATIONAL
Leaders in decoration in Lagos
Rua José Ventura Neto Cabrita, Lagos
Tel: 282 782 311
www.ka-interational.com

LUZ DECOR
Interior Decor
Praia da Luz, Lagos
Tel: 282 789 849
Mob: 917 771 831
patsy@oninet.pt
www.luzdecorhome.com

MÓVEIS MALHEIRO
Furnishings - Pires e Ribeiro, Lda. Urb. do Malheiro, Rua das Acácias, Lote 4 Portimão
Tel: 282 491 583
Fax 282 492 249
moveis.malheiro@mail.telepac.pt

STYLE FURNISHINGS
English beds in the Algarve
Vale de Lousas
Alcantarilha
info@stylefurnishings.com
Tel: 282 322 291

Kitchens & Bathrooms

ELITE KITCHENS
Kitchens.
Tel: 282 353 664
iberelite@sapo.pt

Legal & Insurance

ALEXANDRA SOARES
Lawyer
Rua direita, Praia da Luz
Tel: 282 792 837
info@slexandrasoares.com

ANA DUARTE
Lawyer in Lagos
Tel: 282 792 766
anaduarteadv@hotmail.com

BLEVINSFRANKS
Unique solutions for your tax and private wealth
Freephone: 800 813 303
pensions@blevinsfranks.com
www.blevinsfranksinternational.com

EURO FINESCO
Fiscal & Expatriate Service
Guia
Tel: 289 561 333
info@eurofinesco.com
www.eurofinesco.com

HLB GIBRO GROUP
Fiscal Respresentation for non residents
Loulé,
Tel: 289 463 271
info@gbconsultores.com
www.gibro.com

INTASURE
Property Insurance
Tel: 707 500 025

JIM PLAYERS
Insurance
Almancil
Tel: 289 359 662
insurance-player@
mail.telepac.pt

KAZA SEGUROS
Insurance Solutions to accommodate your needs
Tel: 282 761 612/3/5
Mob: 919 694 025
kazaseguros@mail.telepac.pt

LLOYD & WHITE
EN125
Tel: 289 360 578
www.lloydwhyteintl.com

O'NEILLS MORTAGES
Algarve´s Premier Independent Mortgage Brokers
Tel : (00351) 289 301 866
www.oneillsmortgages.com

PROFESSIONAL INVESTMENT CONSULTANTS
Independent Insurance Professions
Carvoeiro
Tel: 282 357 853 / 282 969 288
insurance.portugal@pic-europe.com
www.insurance4portugal.com

TAX ANGELS
Tax
Vilamoura
Tel: 289 380 048
info@portugal-tax.com

THOUSAND MARKETS LDA
Mortgage brokers
Tel: 213 866 109
Mob: 918 539 480 / 916 721 382
pierrelavelle@yahoo.com
www.portugal-mortgagesonline.com

XPAT CARE
Health Insurance
Tel: 707 500 028

Media & Publicity

GOOD MORNING ALGARVE
The best of the Algarve at their best
www.goodmorningalgarve.com

INACIO ALVES
Marketing & Publicity
Olhão.
Tel: 289 721 050
Mob: 968 639 468
inalves@mail.telepac.pt
www.inalves.com

Miscellaneous

ECU-RS
Reduce your fuel consumption
Tel: 968 184 668
grant@ecu-rs.com
www.ecu-rs.com

FRESH AIR
Mobile vehicle air conditioning
We come to you at your home or work place
Silves
Call Nick or Tracey
Mob: 915 974 283

FOOD PASSION - CATERING
Cutlery, crockery, glassware also outside catering.
Tel: 282 314 276
Mob: 912 159 813

BLACK HOLE -
Pest control, artificial grass & scalewatcher
Mobile 967 516 981
www.artigrass.eu

Optician

OPTICA ORBITA
Fashionable quality optician
R. José C. Leal e Brito, Bl.
B,Loja B Loulé
Tel/Fax: 289 411 777

Pets

PAWS 4 PETS
Top quality foods, treats, grooming products & supplements.
Silves - Tel: 282 443 170
Albufeira - Tel: 289 588 882
Mob: 916 273 376
www.paws4pets.net

VIP VETERINARY SURGERY 10
for very important pets
Urb. Horta Senhora - Lagos
Tel: 282 782 282
www.vipveterinarysurgery.com

Pools & Building

ALGARVE HOT TUBS
Hot tubs / pool heaters
Quatro Estardas
Mob: 969 806 472

AQUA PURA
Pool-covers, Lagos
Mob: 967 025 157
info@aquapura.com.pt

POOL SAFETY FENCING
Mob: 919 892 518
Mob: 910 666 613
poolfencing@aol.com

BUILD 4 U.
Construction etc.
Mob: 919 356 749.
info@build-4-u-lda.com
www.build-4-u-lda.com

DANECASA
Wooden homes or steel frame construction
Guia (nr. Algarve shopping)
Tel: 289 571 270
info@danecasa.com
www.danecasa.com

DAVID WILSON LDA
Costruction and Renovation Specialists
Tel: 289 489 579
Mob: 917 227 087

FERNANDO LOURENÇO
Everything for your own water paradise
Tel: 282 353 543
Mob: 917 812 448
fml.lda@sapo.pt

HOME - POOLSAN
Chlorine free Eco-Friendly Swimming pool treatment
info@home.pt.com
www.heatwafer.com

IBERIA BLUE
Pools & Equipment
Phone/Fax 282 761 116
Mob: 913 393 421
info@iberiablue.com
www.iberiablue.com

JOÃO NUNES
Building your home
Tel: 289 417 867
Mob: 966 570 158
jn.geral@gmail.com

PURE POOLS
Pools & Equipment
Lagos
Tel: 282 760 033
Mob:919 517 868
purepools@yahoo.com
www.purepools.com

POOLSAFE.EU
Pool security Covers Fences Nets
Estrada Gale, Guia ,Albufeira
Tel: 289 591 662
Fax: 289 591 665

Property Agents

ABODE
Carvoeiro
Tel: 282 356 865
leohbraun@hotmail.com
www.aboda-pt.com

ALGARVE EASY PROPERTY
Best mortages & property agent
Rua Vasco da Gama, Lagos
Tel: 282 769 150
Mob: 913 500 826
www.algarveeasyproperty.com

www.the-news.net

ALGARVE MANTA PROPERTIES
Manta Rota
Tel: 281 952 820
Fax: 281 952 820
Mob: 911 041 862
sarah@algarvemanta.pt
www.algarvemantaproperties.com
Rentals: www.algarvemanta.pt

ALGARVE PROPERTY CENTRAL
Vilamoura
Tel:289 310 310
sales@algarveproperty.com
www.algarveproperty.com

ELLY VAN HULST
Real Estate
Between Loulé and S. Brás
www.property-runner.com
Tel: 289 842 992

ESTE ALGARVE
Real Estate
Cevadeiras, Vila Nova de Cacela, V. R. Stº António.
Tel: 281 951 165
or Centro Comer., Av. 28 de Maio (Marginal), Tavira.
Tel: 281 370 277
belosantospedras@hotmail.com
www.estealgarve.com

KASAS
Algarve Property
Vilamoura
sales@algarveproperty.com
www.algarveproperty.com

LAND & HOUSES
Yellow Homes
Real Estate
Tavira.
Tel: 281 320 281.
www.landandhousesalgarve.com

PROPERTY AUCTIONS
Market your property privately
Tel: 936 191 682
www.i-spy360.com

REMAX DIAMOND
Real Estate
João Nunes
R.Francisco Xavier Ataíde de Oliveira, Lote 32-1, Lagos
Tel: 282 770 140
Fax 282 770 149
Mob: 917 771 849
joão.s.nunes@gmail.com

REMAX VILAMOURA
Real Estate
Soraia Santos
Vilamoura
Mob: 962 014 793
email: ssantos@remax.pt
www.remax.pt/ssantos

TO GO FOR HOMES
Algarve Property Specialists
Alvor
Tel: 282 432 004
Mob: 917 472 273
www.togofor-homes.com

HOUSE RAFFLE IN ALGARVE
www.dietraumvillaverlosung.at

VENDAVILLA
Real Estate
Vilamoura
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

Property Services

AWT LDA
Water treatment
Tel: 289 842 288
Mob: 965 805 032
admin@awtalgarve.com
www.awtalgarve.com

BARLAVENTO REFRIGERAÇÃO
Air con, dehumidifiers etc.
Tel: 917 230 727
paulkentaircon@hotmail.com

CINEWORLD SOLUTIONS
Movie magic for your own home
Vale de Lousas, Alcantarilha
Tel: 282 312 876
info@cineworld solutiuons.com

CHEMDRY
Carpet & upholstery Cleaning
Loulé
Tel: 289 092 624
Mob: 910 690 966

F.F. SOLAR
Solar and colection, installation & maintenance
Tel: 282 998 745
mail@ffsolar.com
www.ffsolar.com

GFS METALWORK
Gates, grills etc
Tel: 282 449 270
Mob: 933 402 261 / 933 555 387
www.gfs-metalworks.com
info@gfs-metalworks.com

GIANTS WINDOWS
Windows, doors, etc
Tel: 911 199 888.

GENERAL HOME CONSTRUÇÃO LDA
Creative makeovers inside and out
Portimão
Mob: 968 398 286 (Port)
Mob: 968 5016 093 (Eng)

IDEAL LIVING
Loulé
Tel: 289 398 573
Mob: 910 410 510

LIVINGSTON'S PAINTING
For all your painting needs
Algarve only
Tel: 917 511 550

M2M BLINDS
Window blinds & Fly screens
Tel: 286 518 059
Mob: 932 894 709
m2mblinds@hotmail.com
www.m2mblinds.com

PROFILIMPO
Drain cleaning specialists
Tel: 914 145 117

ROCOCCO
Ceramic and natural stone tiles.
Rua Direita, Praia da Luz
Tel: 282 764 035
Mob: 967 839 114
rococcostone@msn.com

ODEXLAR
Cleaning products for industry, hotels pools etc.
Odiaxere
Tel: 282 798 463
www.odexlar.com

PALMEIRAS DO SUL
All building work, doors & windows
Mob: 939 459 791
palsul@netvisao.pt

STONE CARE SERVICES
Specialists in the refurbishment & maintenence of natural stone
Tel. 919 498 258
ww.stonecare-services.com

THE DRAIN DOCTOR
Plumbing & drainage company
24 hours / 7 days a week
Tel: 289 425 480

THE DRAIN KING
Personal & professional service
Tel: 282 471 335
Mob: 918 647 305
drainking8@aol.com

TOFTS
Decorating & Painting
Mob: 918 938 004
Tel: 289 399 370

VILLA GATES
Ornate & contempory gates made to order
Refurbishing of old gates
Tel: 309 403 075
Mob: 912 642 477

ZONDA THE BBQ SHOP
EN125, close to the old Quatro Estradas junction
289 356 233.

Removals

AIM
Removals & Storage
Tel: 282 799 141
info@aim.com.pt

ALGARVE REMOVALS
Removals & Storage
Tel UK: +44 (0) 1245 468 888
Mob UK: +44 (0) 7711 179842 or
Tel: 289 513 851
Mob: 969 134 801
sales@algarveremovals.com
www.algarveremovals.com

NEIL & EMILY RICHARDSON
Tavira
Mob: 939 486 870
Tel: 281 963 191
neilandem@sapo.pt

NEW CONCEPT INTERNATIONAL
Removals & Storage
Tel: 289 395 105
Mob: 968 031 955
(+44) 845 004 6827

SA REMOVALS
All Europe
Tel: +351 965 653 025
(Mr. Curado)
mudatudo@iol.pt
www.removalstoportugal.com

STORAGE
U-Store Self Storage
Urb. Ind. Maraleca, lote 26
Chinicato, Lagos
Tel/Fax: 282 798 490
Mob: 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

Restaurants

CASA DELLA PASTA FRESCA
Daily homemade fresh pasta & Italian products to take away
Urb. Horta da Raminha, Portimão
Tel: 282 427 279

MONTE DO CASAL
Estoi
Tel: 289 990 140
Mob: 914 935 327

MR GRILLO
Rua António Joaquim Cabrita, Nº7, Porches.
Closed on Sundays
Tel282 381 176
Mob: 962 391 984

PASHMINA
Modern Indian Cuisine
Rua Largo Porto de Portugal (behind Repsol petrol station)
Tel: 282 762 249
Mob: 960 453 376

RESTAURANTE FLORESTAL
Cosmopolitan menu
Open:Tues-Sat. 12.00-2.30pm & 7.00-10.00pm
Sun. Special Brunch 12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

THE BATTERING PLACE
Fish and chip shop
Almancil
Tel: 963 731 736
juliewhite@hotmail.com

THE BEST PLAICE
Fish & Chip Shop
Albufeira
Tel: 289 592 318
boyjwj@yahoo.co.uk

Retail

ALGARVE BOOK CELLAR
Carvoeiro
Tel: 282 085 713
raymond.compton@netvisão.pt

ANDIFER BUTCHERY
English cuts & South African Delicacies
Portimão
Tel: 282 410 590

CELEBRATIONS 10
Avenida da Liberdade, 154
Cards, teddies, gifts & wrapping
Albufeira (Old town)
delightfullcelebrqations@hotmail.com

CENTRO COMERCIAL PORTIMÃO
Continente + 60 shops + 6 Cinemas + 12 Restaurants
Portimão
Tel : 282 490 840
admin:ccp@SierraCentres.net

COLLECTIONS
Ladies fashion
Quinta da Praia - Alvor
Tel: 282 476 574
greening@sapo.pt

FI-LINE FASHIONS 10
Fashions
Av do Rio, Ed. Almadraba, Loja B, Armação de Pêra
Tel: 282 312 936

GARDEUR DIRECT
Clothing
Praia da Luz
Tel: 282 788 630
www.gardeurdirect.com

GUYS & DOLLS
Childrens Shoes & clothes
Greeting cards
Av. 5 de Outubro, Blc. 4, R/c
Esq. Almancil.
Tel: 289 358 014
Mob:933 326 471

View for FREE at www.the-news.net

LET THE MAGIC IN
British supermarket
Algoz
Tel: 282 575 061
weborder@letthemagicin.com

M & J's
Mini Market
Albufeira
Tel: 289 592 318
boywjw@yahoo.co.uk
www.mj.foodstore.com

THE ENGLISH BUTCHER
Butcher
Almancil
Tel: 289 395 859
Tel: 289 397 289
Mobile: 965 864 682

THOMAS GREEN
British Supermarket
Olhos de Água, Albufeira
Tel: 289 541 119
albufeira@thomasgreen.pt
www.thomasgreen.pt

UK FOOD SUPPLIES
Suppliers of UK foods
Tel: 911 084 888
sales@ukfoodsupplies.com
www.ukfoodsupplies.com

Sports & Activities

BOATSHED
International Yacht Brokers
Tel: 289 502 419
Mob: 914 738 251
boats@boatshedalgarve.com
www.boatshedalgarve.com

COME FLY WITH ME
Aero Algarve providing scenic flight & banner towing
Tel: 964 954 279
www.aeroalgarve.com

GAMES ROOM EQUIPMENT
Vilamoura
Mob: 917 846 242
info@fjnorth.net

VALE DE MILHO GOLF
Carvoeiro
Tel: 282 358 502
valedemilhogolf@mail.telepac.pt
www.valedemilhogolf.com

Satellite systems

SOS DIGITAL
satellite TV systems
Tel: 916 378 722
www.sosskydigital.com
sosskydigital@msn.com

SKYNET
Satellite systems
Tel: 964 890 260
skynet@live.com.pt

SKY REALM 10
Satellite systems
Tel: 918 887 775.
skyrealm@hotmail.co.uk

Telephones & Communications

DIRECTORY ENQUIRIES IN ENGLISH
National & International
Tel: 760 50 60 70

WORLD TELECOM 10
10% off ONEfone phones or modems
Everything in English
Tel: 707 500 600
sales@worldtelecom.pt
worldtelecom.pt

To place an advert please our Sales Manager on 707 500 677

Reader Privilege Voucher

This voucher cannot be combined with any other offer and only one voucher may be used for each purchase

This voucher is worth **10%** discount on designated products or services

The Portugal News

Reader Privilege Voucher

This voucher cannot be combined with any other offer and only one voucher may be used for each purchase

This voucher is worth **15%** discount on designated products or services

The Portugal News

Reader Privilege Voucher

This voucher cannot be combined with any other offer and only one voucher may be used for each purchase

This voucher is worth **20%** discount on designated products or services

The Portugal News

How to use Reader Privilege Vouchers

Our advertisers value your business and would like to offer you special discounts as a reader of *The Portugal News*.
Each voucher has a colour code. Please check in the Advertiser Hotline listings to see the same colour code(s) shown as a small colour block next to the advertiser's name.
The colour of the block indicates the percentage discount the advertiser will accept for designated products or services which they provide.
If in doubt, please confirm the acceptability of the voucher by phoning the outlet.

Memory Lane

Oh how the time seems to gallop away from us down here — perhaps it is everywhere it just seems faster down here. One year has passed since we lost our beloved Sandy. Not a day goes by without me thinking of her. They tell us that the pain fades, not convinced myself. Perhaps, and a very vague perhaps, the actual pain of seeing them ill fades and the memories take over. Ironically we found photos of Sandy on 'her' day, they were of her very young and fluffy when posing for the Kodak doggy pictures. This set us off on the 'do you remember' topic. The fun times, the way in Scotland and on Dartmoor she would always be able to find water even if we didn't know it was there. We would lose sight of her and then see her in a loch or river. She was always beside me wherever I was in the house, that was the big hole she left — however Cassie has moved in to that role as she follows me everywhere and I end up falling over her, yes she is big you would think I could see her. They all have their own personalities and Sandy's personality lives on in our memory.

Next week we have the anniversary of Lennie leaving us, special as they all are, but he was very special because of everything he taught me during his life. We were a special partnership. He was so ill all his life and many would have given up at the first hurdle, but I fought for every day of his life. He was on many pills, my reminders went off all day for his meds. When he went, it was also a way of life that went, my life revolved totally around Lennie, I was on edge 24/7 looking for problems, waiting for his next high temperature, the next 'flop', eyes not quite right. The last few years of his life were a rollercoaster with many ups and downs, but we have to concentrate on the ups and try and let the downs fade. Julie was playing 'hosepipe' with Chloe and the PWDs this weekend — it bought back so many memories as it was Lennie's favourite game. His next favourite being to play ball with us in the pool—he threw the ball we had to retrieve it!! Lennie taught me so much and I am the person I am today because of Lennie and his various critical Auto Immune diseases. He taught me to read, research, learn all I could. I researched pet food and I was horrified by what I learnt, of what actually went in most of them. I learnt to research everything I am told, to research EVERY avenue available to help my animals. I have learnt to be a little more assertive, to fight for my dogs as they cannot fight for themselves. I have learnt to monitor them for the most subtle of changes. I have learnt to check everything that goes in or on them, be it food, medication, shampoos — the list is endless. I have changed my views over the years and will now make every effort to keep my dogs on a natural good quality diet, which in turn means I have less to pickup after them. Note that I actually use less of my good quality natural food than I would of one of the cheaper brands. I use as many natural products on them as is feasible. I blood test them regularly, yes it's not foolproof but may help. The slightest change in them they are off to my Vets. In turn my Vets treat me with respect and will check everything with me before doing anything with my animals. Through my knowledge I have managed to help other owners with their dogs, which is what makes it so good. It is only experience, sometimes I have seen the problem before. Just talking to people helps. All of the above was inspired by Lennie.

These dogs live on by helping me every day, they are by my side in spirit if not body. I must just continue to move forward in remembering the good times and allow the natural process of the bad times to slowly fade. A very clever friend once told me that if all our dogs lived to our age, there are so many wonderful dogs we would never meet. It is true.

Play pain free at the Rainbow Bridge Sandy and Lennie and all the other dogs waiting for owners. I must make a special mention for Elaine over her loss of the wonderful Lucy this weekend, a true friend and companion.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Jan Cobley
Paws 4 Pets 916 273 376
www.paws4pets.net

PORTUGUESE WATER DOGS —— WEEKEND EVENTS

The Date of Monografica do CÃO DE ÃGUA PORTUGUÊS Saturday 18th July 2009 from 17.30pm with CAC and QC qualifications available.
The Place: JARDIM DO PESCADOR OLHÃO
The Judge: PEDRO ALBERGARIA
The Date of WATER TRIALS Contest in Sunday 19th July: 2009 at 10.00am.
The place: RAMP AT THE MARINA OF OLHÃO
The Judge Level I: Silvino Macau. Level II: Antonio Constant
Organised by: CPC and A.P.C.A.P. (Clube Português de Canicultura and Associação para protecção do CÃO DE ÃGUA PORTUGUÊS)
In association with: CÂMARA MUNICIPAL OLHÃO and JUNTA DE FREGUESIA DE OLHÃO.
This is a very important show in the world of CÃO DE ÃGUA PORTUGUÊS, their Speciality Show, and there will be many of these distinctive dogs at Olhão just for this event, from many countries.
The Beauty takes place on the front and you will easily find it, just look for the distinctive Black/Brown/White and Black and White dogs with tails at the normal jaunty level. Except Cleo in the ring when her tail will be lower than it was 2 mins before she went in the ring—ah Cleo how I love you and you tease me.
Please ring me if you need any other information.

Jan Cobley Paws 4 Pets 916 273 376 www.paws4pets.net

Hi There !

FREYA was callously left to starve on a spit of land at Silves dam, waiting in vain for her owner to return. She is now learning to trust again and just to be a puppy. She is a little ballet dancer, gentle and elegant, walking beautifully on lead and smiling all the time.If you have the patience and kindness to earn the love of this precious girl, please ring 282332621. (About 4months old,1st vax, will be spayed)

GERMAN SHEPHERD CROSS female pup. She is very timid and has had a terrible first 4 months of her life and is scared of most things. Needs an understanding person who can give her a lot of time and care, preferably someone who is used to dogs and can be very gentle with her. She will make a great companion. Please call 935 432 221

2 BOXERS desappeared in Vilamoura last 7th July. Their names are Hugo and Boss, both are brown with short hair, one of them having a white fur patch on the neck. They are 2 years old and one of them is thinner than the other. The chip numbers are : 978 00000 1085 594 & 978 00000 1082 345

SUGAR, young bitch, 6-8 months old, cross serra de aires, found sitting on the national road as if waiting for something, is looking for a new home. Sweet, calm and gentle. If you would like to adopt her, please contact us on: sesimbra.bianca@gmail.com or see our other dogs at www.bianca.pt/english

Bianca

!! NATURAL NATURAL NATURAL !!
Pet Foods with 100% Natural Ingredients
No additives No Flavourings No Wheat No Soya
Natures Menu / Burns / Natural Dog Food Co.
Natural Herbal Supplements
Incontinence? - Dorwest Mixed Vegetable
Digestive Disorder? - Dorwest Tree Barks
Firework Anxiety? - Dorwest Skullcap & Valerium
Natural Pest Repellents & Control
Dynamite - Shampoo & Spray
Dorwest - Garlic & Fenugreek and Garlic Juice
Fly Trap - Natural Attractant - No Poison
Humane "*No Kill*" Mouse Traps
SHOP.PAWS4PETS.NET
Meet THE Experts
Every Wednesday in-store
!! Please call us to confirm !!
Paws 4 Pets
The Best A Pet Can Get
The paw mark of Quality
Tel: 289 588 882
Jan: 916 273 376
www.paws4pets.net
Albufeira & On-Line

VIP Veterinary Surgery
VIP service...
Portuguese prices!
- Book by appointment
- Air conditioned waiting area
- Quality Anesthetic and Oxygen
- English speaking (Portuguese translation available)
- On-site Xray facilities
- Friendly staff
- State of the art hospitalisation facilities

Tel: 282 782 282
Consulting Times:
Mon-Fri: 9am-11am & 4pm-6pm Sat: 9am-12pm
www.vipveterinarysurgery.com
Emergency Tel: 916 500 574
URB HORTA SENHORA DA GLORIA,
LOTE 7, FRACCAO B, 8600-548 LAGOS, PORTUGAL

Savour the sounds of silence

Head up the Amazon and discover a lost world before stopping off in Peru's capital city Lima for a cocktail.

"Just listen," says our guide. "Listen to the peace and quiet."

Our boat grinds to a halt on the surface of the Sapote tributary of the Amazon, a riot of greenery and dark waters all around us. Giant lily pads spread out across the glassy surface. Overhead, ancient trees loom, cracking and bending in a slight breeze. You would hardly be surprised to see a pterodactyl swoop overhead.

Gradually, sounds become apparent. The rustling of the trees, the calls of a multitude of hidden creatures and birds, the ceaseless buzzing and chirruping of a million insects.

Welcome to the jungle.

We departed from the jungle city of Iquitos, our 60-foot MV Delfin riverboat snaking its way through the Amazon in Peru and along waterways few people have seen.

Now, guided by Adonay and Juan-Luis, the sensation of our 20-foot skiffs shooting across the surface of the river is thrilling enough. Every conceivable creature is there to be spotted: turkey vultures so enormous they bend the very trees they land on; parakeets and parrots, flecks of red, blue and green overhead; blue kingfishers darting across the water's surface; and the black-collared hawk, perched at the tops of the trees with golden feathers and a little black ruff around the throat.

Creatures in the branches are harder to see, until our guides gain their attention by mimicking their cries. The stripy-furred, three-toed sloth hangs from branches like a handbag. Equally lazy are the iguanas, their crests and tails merging with the vines as they bask in the sunshine.

Saki monkeys with their white faces on black bodies and a furry tail, leaping from branch to branch in the treetops. Squirrel monkeys have a death's-head face and Howler monkeys send out eerie cries.

Among a million shades of green are unexpected flashes of other colours - the blue morpho is possibly the most gorgeous of them all, a large butterfly with electric-blue wings flitting through the forest.

In the water itself, bizarre river dolphins regularly breach the waters beside the skiffs. The skins of the males are bright pink due to their blood vessels being close to the skin. They share the waterways with grey dolphins, and there is an opportunity to swim with these creatures in the Dorado, literally a black lagoon due to the presence of tannins and iron bauxite in the water.

The lagoon is warm in the early evening as you slip in. You see little beneath the surface, not even your own hand. Other local residents include 10-foot caimans, piranha and anacondas, so it gives you a start if a dolphin breaches the surface nearby. Slapping the water with a stick alerts the red-bellied fish, small enough to fit in the palm of your hand.

Charming by day, the river takes on an altogether different, though no less alluring, character after sunset. Night creatures are harder to spot. Drifting into the shallows by the banks of the river, Adonay's torch picks out twin red pinpricks glittering in the dark - the eyes of a juvenile black caiman.

Other creatures appear in the darkness. A clown tree-frog is briefly in my hands before it hops into the undergrowth, a jolly orange and brown creature no bigger than a 50-pence piece.

The hairy, pink-toed tarantula crawling up the limb of a tree not four feet away from my head seems considerably larger. It's fair to say that the Amazon is not the place to go if you have issues with beasties and creepy crawlies.

With mosquitos in abundance, you will need to be well-stocked with repellent, plus anti-malaria medication and other vaccines.

However, one type of insect dominates the night sky as we head back to the Delfin aboard our skiffs: fireflies, dancing in the pitch black darkness. With no clouds and no light or air pollution, they match the glittering display of the stars far above.

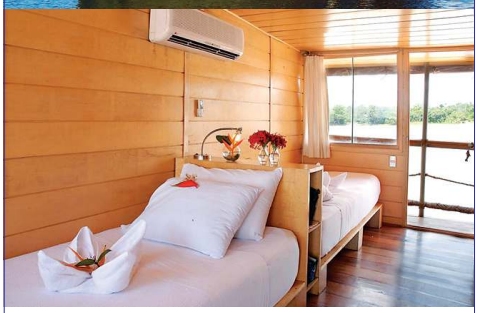
On a day trip ashore on the banks of the Tapiche tributary, we are introduced to some jungle fast food - termites. Punching a hole in one of their nests, you can hold your hand over it for the ant-like insects to swarm over, allowing you to lick them up at leisure, tasting not unlike fresh basil.

If all this sounds like roughing it, the contrast could not be sharper with the comforts of life aboard the Delphin. You can relax on the top deck with a pisco sour - a cocktail made with Peru's national spirit - and in the dining room you can enjoy first-class gourmet meals, including catfish and giant snails served in the shell.

The decor and flower arrangements on the table change daily, and after the food you are serenaded by the boat's crew. Even in the depths of the jungle, in the black of the night, you can be sure of hearing Beatles songs.

Before getting there, your first stop in Peru is likely to be the capital Lima. For an overnight stay, the Miraflores Park Hotel by the sea is one of the best options. It boasts five-star accommodation with an excellent restaurant and a rooftop swimming pool, where urban vultures wheel around overhead while you do the backstroke.

Lima is also Peru's gastronomic capital, boasting coastal, Andean and even jungle cuisine. With fishing being a major local industry, seafood markets are the ideal place to find fresh fish, although you have to be there at the crack of dawn, and wellies are essential. For dining out try La Mar restaurant in Miraflores, run by the renowned chef Gaston Acurio. There are also opportunities to dine at the private homes of some of Lima's grandest families. We lunched at Casa Aliaga, a preserved colonial mansion occupied by the Aliaga clan since 1535.



The MV Delfin and a cabin on board.

Lima Cathedral, a study in Gothic grandeur, boasts a chilling trip through the catacombs underneath, with the skulls and bones of generations of people buried in its walkways, as Sunday Mass goes on above.

Travel Facts

:: Paul McGurk travelled with Peru's tourist board PromPeru and travel operator Cox & Kings, which offers a six-night tailor-made Amazon Cruise itinerary combining a 4-night cruise on the MV Delfin with two nights in Lima, from £2,775/€3,227 including flights ex-London and Manchester with KLM via Amsterdam and LAN Peru, B&B (full-board on cruise), transfers and excursions.

Cox & Kings reservations: 00 44 (0)207 873 5000 and www.coxandkings.co.uk

For destination information: see www.peru.info

:: Yellow fever, typhoid and hepatitis A vaccines are essential.

:: High-water season in the Amazon is December to May.

Paul McGurk

Your travel partner
AirPass
Online ticket reservations

Bucharest..	€313.52
New York...	€692.95
Funchal	€200.91
Kiev	€357.72
São Paulo..	€828.60
Budabest...	€295.90
Gothenburg	€319.61
Barcelona..	€144.07
London o/w	€63.41

All prices are starting prices for return flights including airport taxes (ticketing fee is excluded,exact amount subject to confirmation).

MAIN OFFICE:
Tel: 282 480 580
Fax 282 480 589
Email: info@airpass.pt
Mobile: 932 070 707

LISBON AIRPORT
Tel: 218 439 510
Fax: 218439 516
Mobile: 932 090 909

ALGARVE TOURS
Alvará nr:286/78
Incoming/Outgoing
ALGARVE TOURS - TRAVEL AGENCY
Providing a professional, reliable and friendly service.
NOW with offices in Faro, Albufeira, Lisbon and Funchal.
We can offer assistance for Groups and Incentives or Holiday Packages to suit your holiday dream and your budget.
Here at Algarve Tours you will find what you are looking for...
Contact us:
Faro office: 289 890 200
E-mail:sofia.falcao@algarve-tours.pt
Albufeira office: 289 510 300/289 510 318
E-mail:helia.nogueira@algarve-tours.pt
Carmo.paiva@algarve-tours.pt

Enjoy your choice of Starter & Main Course from our *à lá carte* menu and let us delight you with our special L'Olive Dessert for only €39,00
BOOK your table NOW & we offer you FREE transportation
Our Promise ....
Finest Dishes from the grill
Great Mediterranean flavours
A unique ambience
Vila Sol Algarve, A Renaissance SPA & Golf Resort
Vilamoura | Tel. 289 320 320 | Fax. 289 320 310
concierge.vilasol@renaissancehotels.com

NEW ROUTE
PARIS (Orly)
Wednesdays, Saturdays and Sundays
www.easyjet.com
easyJet
ANA Aeroportos Algarve
Flight information: +351 289 800 617 | faro.airport@ana.pt | Europe's gateway to the sun
PC, pocket PC or PDA timetable downloads at www.faroairport.com.pt
Choose your destination: http://www.ana.pt/portal/page/portal/ANA/INOV_NOVOS__HORARIOS_TODOS

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
9 JUL-15 JUL

1
The Hangover
Bradley Cooper, Ed Helms
12.40-17.25-19.45-22.10-00.35
Ice Age 3: Dawn of the Dinosaurs
Animation PV
14.55
2
Ice Age 3: Dawn of the Dinosaurs
Animation OV
(10.00-12.10 Sat & Sun) 14.45-17.00-19.05-21.30-23.55
3
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
(11.45 Sat & Sun) 13.45-15.45-17.45-19.50-21.50-23.50
4
Ice Age 3: Dawn of the Dinosaurs
Animation
PV:(10.20 Sat & Sun) 12.30-17.10-19.25
OV: 14.45-21.40-23.55
5
The Proposal
Sandra Bullock, Ryan Reynolds
(11.30 Sat & Sun) 14.00-16.30-19.00-21.30-00.05
6
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(10.25-12.25 Sat & Sun)
Terminator Salvation
Christian Bale, Sam Worthington
19.25
The Last House on the Left
Tony Goldwyn, Monica Potter
14.25-16.55-22.00-00.30
7
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
14.40-17.50-21.00-00.10
O Gato das Botas
Animation PV
(10.40 Sat & Sun) 12.40
8
Monsters vs. Aliens
Animation PV
(11.00 Sat & Sun)
City of Ember
Saoirse Ronan, Bill Murray
12.55-15.05-19.35-21.45
Ice Age 3: Dawn of the Dinosaurs
Animation OV
17.20
Angels & Demons
Tom Hanks, Ayelet Zurer
00.00
9
Night at the Museum 2
Ben Stiller, Amy Adams
(11.45 Sat & Sun) 14.10
State of Play
Russell Crowe, Ben Affleck
21.00-23.45
Over Her Dead Body
Eva Longoria, Paul Rudd
16.35-18.45

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
9 JUL-15 JUL

1
Ice Age 3: Dawn of the Dinosaurs
Animation OV
13.30-15.35-17.40-19.45-21.50-00.15
2
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.00-15.05-17.10-19.15-21.20-23.50
3
The Last House on the Left
Tony Goldwyn, Monica Potter
13.40-16.10-18.45-21.10
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
23.30
4
The Hangover
Bradley Cooper, Ed Helms
13.15-15.50-18.30-21.15-23.45
5
Night at the Museum 2
Ben Stiller, Amy Adams
13.05-16.00-18.20
State of Play
Russell Crowe, Ben Affleck
21.00-23.40
6
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.10-15.15-17.20-19.25
Angels & Demons
Tom Hanks, Ayelet Zurer
21.25-00.00
7
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
13.20-15.20-17.15-19.20-21.35-00.10
8
The Proposal
Sandra Bullock, Ryan Reynolds
13.25-16.20-18.50-21.30-23.55
9
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
12.45-15.40-18.40-21.40

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
9 JUL-15 JUL

1
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.10-15.10-17.20-19.30-21.30-23.45
2
The Proposal
Sandra Bullock, Ryan Reynolds
13.40-16.10-18.30-21.50-00.10
3
The Hangover
Bradley Cooper, Ed Helms
13.50-16.20-18.40-21.20-00.20
4
The Last House on the Left
Tony Goldwyn, Monica Potter
13.30-15.50-18.50-21.10
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
23.40
5
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
13.00-16.00-19.00-22.00
6
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
13.20-15.20-17.25-19.25-21.40-00.00

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Incendiary
Ewan McGregor, Michelle Williams
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Incendiary
Ewan McGregor, Michelle Williams
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
O Gato das Botas
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO AMOREIRAS
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
State of Play
Russell Crowe, Ben Affleck
Deux Jours à Tuer
Albert Dupontel, Marie-Josée Croze
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck

LUSOMUNDO COLOMBO
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

UCI CINEMAS FREEPORT
TEL: 707 23 22 21
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

UCI CINEMAS DOLCE VITA TEJO
TEL: 707 23 22 21
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Incendiary
Ewan McGregor, Michelle Williams
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Chacun son Cinéma
Isabelle Adjani, Takeshi Kitano

OV = English Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Incendiary
Ewan McGregor, Michelle Williams
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
O Gato das Botas
Animation PV

LUSOMUNDO PALÁCIO DO GELO
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
O Gato das Botas
Animation PV

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
State of Play
Russell Crowe, Ben Affleck
O Gato das Botas
Animation PV

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
Over Her Dead Body
Eva Longoria, Paul Rudd
O Gato das Botas
Animation PV

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
9 JUL-15 JUL

The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck

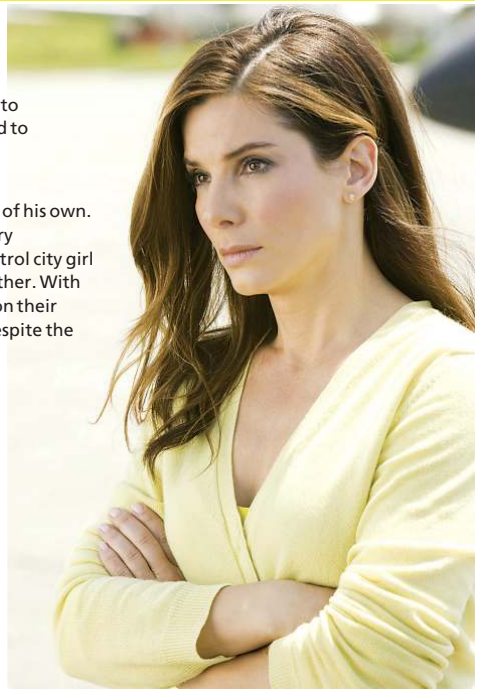
LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
9 JUL-15 JUL

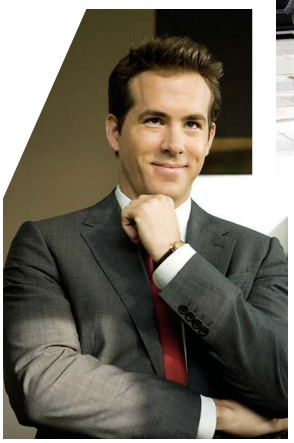
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Incendiary
Ewan McGregor, Michelle Williams
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

PV = Portuguese Version
OV = Original Version

When high-powered book editor Margaret (Sandra Bullock) faces deportation to her native Canada, the quick-thinking exec declares that she's actually engaged to her unsuspecting assistant Andrew (Ryan Reynolds), who she's tormented for years.

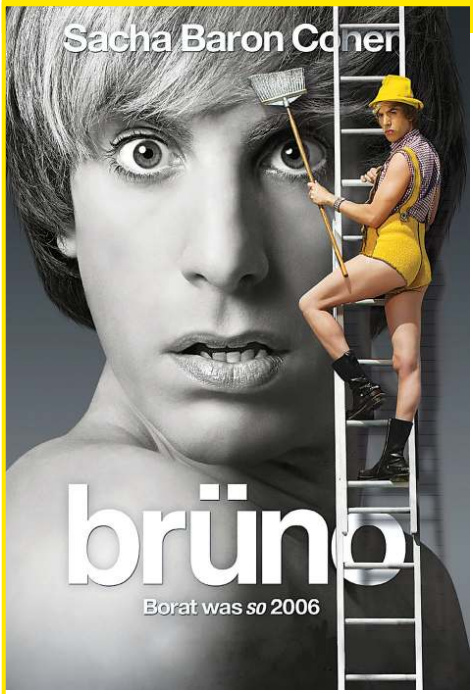
He agrees to participate in the charade, but with a few conditions of his own. The unlikely couple heads to Alaska to meet his quirky family (Mary Steenburgen, Craig T. Nelson, Betty White) and the always-in-control city girl finds herself in one comedic fish-out-of-water situation after another. With an impromptu wedding in the works and an immigration official on their tails, Margaret and Andrew reluctantly vow to stick to the plan despite the precarious consequences.





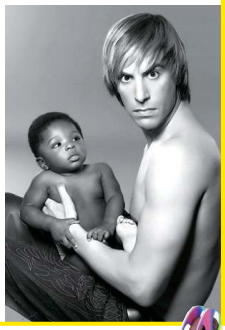
City of Ember **is a science fiction-fantasy film based on the 2003 novel of the same name by Jeanne Duprau. It stars Saoirse Ronan, Harry Treadaway, Bill Murray and Mackenzie Crook, and features Martin Landau and Tim Robbins.**

For generations, the people of the City of Ember have flourished in an amazing world of glittering lights. But Ember's once powerful generator is failing... and the great lamps that illuminate the city are starting to flicker. Now, two teenagers in a race against time, must search Ember for clues that will unlock the ancient mystery of the city's existence, and help the citizens escape before the lights go out forever.



The creator, star, writer and producer of *Borat* and *Da Ali G Show* has created the craziest and most dangerous comedy to be released in mainstream theatres. In "*Brüno*," Sacha Baron Cohen introduces moviegoers to the next character from his award-winning series: a gay fashionista who is the host of the top-rated late night fashion show in any German-speaking country…apart from Germany.

Like its wildly successful predecessor, *Borat*, *Brüno* is a mockumentary that captures outrageous interaction between a larger-than-life character and the unsuspecting public. In the making of the movie, Brüno (Sacha Baron Cohen) infamously crashed Milan Fashion Week and the American Military before duping singer Paula Abdul, presidential candidate Ron Paul and a room of outraged rednecks in the Mid-West.



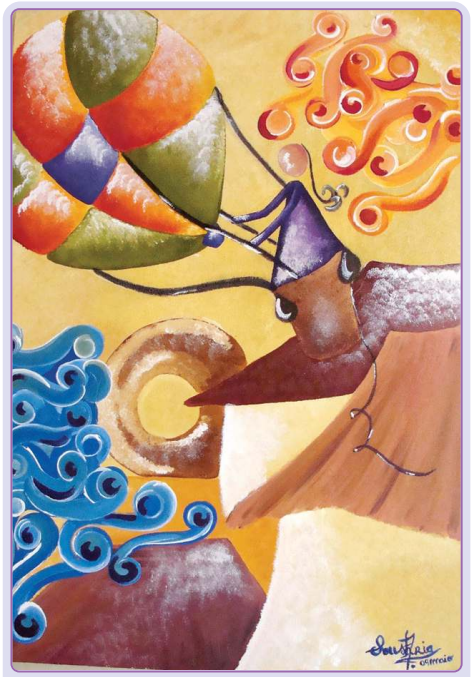
Film Classification

The Proposal - M/12
Brüno - M/12
City of Ember - M/12
Ice Age 3 - M/6
The Last House on the Left - M/18
The Life Before Her Eyes - M/12
Hero Wanted - M/12
Incendiary - M/12
Elegy - M/12
Transformers 2 - M/12
Coco Avant Chanel - M/12
Over Her Dead Body - M/12
The Hangover - M/12
State of Play - M/12
All the Boys Love Mandy Lane - M/18
I Love You, Man - M/12
Bottle Shock - M/12
O Gato das Botas - M/4
Terminator Salvation - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS

FIGUEIRA DA FOZ - July 25 to August 9 - 'Frida Kahlo Collection 2009' Jewellery Exhibition and Sale by Ana Calheiros - Ana Calheiros is a talented designer who transforms gold, silver, steel or leather into exquisite, elegant and unique pieces of jewellery. The magnificent necklaces and other jewellery items made with these materials are decorated with semi-precious stones, pearls and fabric which make them a fantastic embellishment for casual or evening dress - Frida Kahlo Collection 2009 will give the perfect final touch for the summer season - Also participating in the jewellery show are, among others, Sónia Brazão, Mónica Sintra and Benedita Paes - Casino Figueira on Rua Dr. Calado, 1, 3080-153 Figueira da Foz - Visit the Casino Figueira site for more information on this exhibition or to view information on other events - www.casinofigueira.pt



ALVOR - Until September 26 - Exhibition Series at the old Alvor Parish building - The 'Alvor Arte' exhibition series opened with a collective exhibition of paintings and plastic arts by João Sena, Sousa Faria and Inês Silva and can be seen between July 8 and 25 - The three artists, with strong connections to the city, offer many different approaches - Agnes Scott has a degree from the Arts College of Technology, Management, Art and Design of Caldas da Rainha - John Sena investigated techniques and styles of oil, acrylic and pastel painting - Painter Sousa Faria participates regularly in exhibitions in the city and the riverside area of Portimão - From July 29 to August 15 will be on show the Photography Exhibition 'Egipto Arte & Mistério', with works from the Italian artist Alessandro Benassai, who evokes Egyptian elements and portrays characters full of mystery like the beautiful Queen Nefertiti and the enigmatic pharaoh Akhenaton - From August 19 to September 5 opens a collective sculptor exhibition by the Irish artist Mara Barth and the Algarvean artists Úrsula Mestre and Paulo Quaresma, suggestively entitled 'Three Visions' - The series of exhibitions closes with paintings by the artist from Portimão Ana Bernardino which opens on September 9 and will run until September 26 under the theme 'Caminhos' - The series of exhibitions was organized by the *Câmara Municipal de Portimão*, with the support of *Freguesia de Alvor* - Free entrance Monday to Saturday from 19h00 to 24h00 - The building is situated on Rua Marquês de Pombal - Gabinete de Informação e Relações Públicas, Praça 1º de Maio - 8500-543 Portimão - Tel: 282 470785/837 Fax: 282 470828 - www.cm-portimao.pt

SOUTH

ALBUFEIRA

July 18

Charity Event at *Mercado da Lagoa* from 16h00 to 2h00 - Presented by Franscisco Mendes (Top+) and live music by João Marcelo; Babilónia Reduzida; Rysko; Karaoke popular traditional games; children games; face painting; shows by dance groups 'Impacto' and from the dancing school 'A Casinha Mágica'; capoeira; zumba dance; body combat; rescue demonstration - search & rescue; raffle of a football ball autographed by Cristiano Ronaldo & t-shirts autographed by various football players from Benfica, Belenenses & Marítimo; antique stalls, pet shop, book and games store, sweet treats, raffles, tarot, jewellery imitations, handicraft, food and beverages, etc.

Until July 28

Painting & Sculpture Exhibition 'Prelúdio' by Rosa Botelho - Art Gallery Pintor Samora Barros - Mon-Sat: 17h00h-23h00 - Largo Engº Duarte Pacheco - 289 589 201

August 1

Concert by -Seal - The event will take place at Herdade dos Salgados - Tickets €30 - To buy tickets please see bottom of page

ARMAÇÃO DE PERA

July 19

Open air Quiz Night and raffle in aid of APAA at Sítio da Torre - 19h00 - Directions will be provided when reservations are made - €10 per person for quiz, supper, dessert and drinks - Please bring your own tables and chairs - T. Pat 282 322 203 or Jenny 282 471 851 (919 041 903)

ALVOR

July 17 to 19

Wine Festival - 20h00 to 24h00 - Waterfront Promenade

CARVOEIRO

Until July 23

Dance of the Bears - The journey of ten thousand miles begins with the first step - The Dance of the Bears exhibition on a bear statue created by Karl Heinz exhibit outstanding 3D artwork representing the theme 'Evolution' - A total of 26 artists that live or work in the Algarve collaborated in this project - A couple of white 'canvasses' (bears) will be on display for further artists, spectators, students to express their own view on the theme 'evolution' - Quinta dos Vales organized the event

www.the-news.net

LAGOS

July 11 to 20

Exhibition of Bronze Sculptures by Jean Brown and Paintings by Christine Clipson - Slave Market Lagos - Open daily 11h00 - 13h00 15h00 - 20h00 - T. 963 173 748

July 12

Live Music at O Barco Restaurante on Praia da Salema - Swing, Latin, Jazz, Classic Pop, Vocals, Saxophone, Clrinet, Flute - 19h30 - 968 413 688

Monthly

Writing Workshops – Sat: 14h30-16h30 - The Owl Story Bookshop - Lisa on 962 887 680 - www.lisaselvidge.com

Mondays

The New Orleans Jazz Band Live - Free - 20h30 - Tivoli Hotel - R. Vasco da Gama - T. 289 591 804

PARCHAL

July 16

- **Concert by the Glenn Miller Orchestra - 22h00** - Centro de Con-gressos do Arade (Arade Congress Centre) - Tickets: Please see information bottom of page - Encosta do Arade, Parchal 8400 Lagoa - T. 282 498 577 - F. 282 498 578 - www.pavilhao-arade.com

PADERNE

Daily

Exhibitions 'Contrasts' and 'Perfectly Small Paintings at Perfectly Affordable Prices' by 20 talented international artists - Corte-Real Art Gallery – selected pottery, sculptures, organic products & produce – Fri & Sat: 11h-19h; Thu & Sun: 11h-17h - Signs from Boliqueime, Ferreiras & Paderne – T. 918 980 199 / 912 737 762

PERA

Until Oct 22

'Discoveries' at FIESA the International Sand Sculpture Festival - Construction site on road to Algoz – Open daily from May 22 to October 22 - 10h00 and 24h00 - 969 459 259 - fwww.fiesa.com

PORTIMÃO

Until July 12

Dance Show 'Are You Ready?' by the National Art Dance Company - Portimão City Hall - Tickets: €10 - 282 418 547

July 19

Antiques Market - 8h00-12h30 - Fairs and Exhibitions Park

Tuesdays

The New Orleans Jazz Band - Mariner's Bar/Restaurant - R. Santa Isabel - 914 806 310

VALE DO LOBO

Until July 28

Unique collection of abstract pieces by João Paramés at Vale do Lobo Art Gallery - Free - Mon-Sat: 10h-19h - 289 353 322 - events@vdl.pt

NORTH

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

AVEIRO

Until Jul 19

Painting Exhibition 'Dissonância Surreal' by Luís Athouguia - Tuesday to Sunday from 14h00 to 19h00 - Galeria da Carpintaria on Av. Dr. Lourenço Peixinho

GUIMARÃES

July 16 to 18

MANTA Music Festival with Bishop Allen, Young Gods and José González - Gardens of Centro Cultural Vila Flor - Av. D.Afonso Henriques, 701 - 253 424 700

Until July 24

Workshops & programmes for over 11years old - Gardens of Centro Cultural Vila Flor - Av. D.Afonso Henriques, 701 - 253 424 700

CENTRE

CASCAIS

Daily

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

Daily

Show 'Space Invaders' at the Arena Lounge - There is also other entertainments and shows, games, concerts, lots of entertainment and Art at Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

LISBON

Daily

***Influxcontemporary* is a new space dedicated to African Contemporary Art** - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - T. 918 501 234 - iwww.influxcontemporary.com

OEIRAS

July 14

'Oeiras Sounds' Concert by Mariza - Marquês do Pombal Palace Gardens - 213 933 770 - geral@everythingisnew.pt

SANTARÈM

July 17 & 31

Music & Dance Summer School - Former School Escola Prática de Cavalaria de Santarém, with the support of the City Hall - For info: www.musinaction.pt.

July 25

José Carreras in Concert - Fundação da Liberdade (ex Escola Prática de Cavalaria) - 21h30 - Tickets: From €12.5 to €150 -

Lisbon Summer Concerts
(Tickets: See details bottom page)

Until July 11 - *Optimus Alive!* - Music Festival - 21h00 - Passeio Marítimo de Algés (Oeiras) - **July 22 - *Eagles*** 'Long Road out of Eden' - 21h00 – Pop/Rock – Pavilhão Atlântico - **July 23 - *Lisa Ekdahl / Cascais CoolJazzFest*** - Marechal Carmona Square (Cascais) - 22h00 - **July 25 - *Anastasia*** - 21h00 – Pop/Rock – Pavilhão Atlântico - **July 30 - *Leonard Cohen*** - 21h00 – Pop/Rock – Pavilhão Atlântico - **July 31 - *Seal*** in concert at Cascais Hippodrome - 22h00 - Seal, the most popular soul vocalist of the decade - Tickets: €20, €60

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 324 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News; Weather. (T) 12.10 Formula 1: The German Grand Prix - Qualifying. Live coverage from the Nurburgring. (T) 2.15 Live Golf: The Scottish Open. The third day's play at Loch Lomond Golf Club. (T)

5.15 Robin Hood. Part two of two. The real Sheriff surrounds the castle and demands that Gisborne and Isabella are sent out if he is to spare the lives of all inside. (R) (T)

6.00 BBC News; Regional News; Weather. (T)

6.15 Totally Saturday. Entertainment show hosted by Graham Norton in which members of the public have pranks played on them. Plus, games, competitions and celebrity guests. (T)

7.00 Total Wipeout. Richard Hammond and Amanda Byram host as 20 more contestants compete in physically demanding games on the purpose-built obstacle course. The contestants face challenges including the Dreadmill, the Sweeper and the Big Balls, with the top three finalists from each episode competing to be crowned Champion of Champions in the last show of the series. (T)

8.00 The National Lottery: Guesstimation. New series. Nick Knowles presents this fast-paced game show in which families are challenged to outsmart their rivals by making informed guesses at the answers to a series of brain-teasers. At the end of each of the three rounds, guests take part in a studio challenge - with the contestants predicting the outcome. Including the Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Jordan is offered potentially life-saving surgery as his deteriorating health starts to become a distraction for his colleagues. Jessica's return from Saudi Arabia presents Adam with a decision about their future as a family, Curtis's plea that Jeff be his best man gets an unenthusiastic response, and Dixie tries to take Polly's mind off her blood tests. Jean Boht guest stars. (T)

9.40 Michael McIntyre's Comedy Roadshow. The comedian visits Brighton Dome, with Al Murray headlining tonight's showcase of stand-ups from the comedy circuit, supported by Micky Flanagan, Jo Caulfield and Jon Richardson. Last in the series. (T)

10.25 BBC News; Weather; (T) National Lottery Update. (T)

10.45 FILM: Armageddon (1998). Sci-fi thriller, starring Bruce Willis. (T)

1.05 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.10 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Sean Lock: Stand Up (C4, 10pm)

What is it about bespectacled men and comedy? The two go together like roast beef and gravy and it seems as the more prominent the spectacles are, the funnier the comedian seems to be. Sean Lock is certainly a man who tickles our funny bones. He has one of those faces that was made for comedy and just one of his trademark looks into the camera is enough to send the audience into gales of laughter. Together with Jimmy Carr, Sean has been a mainstay of 8 Out of 10 Cats and the man responsible for crippling your social life. Staying in with a takeaway and catching the latest instalment of the topical quiz show, or going down your local boozer for a couple of pints of overpriced lager and a packet of pork scratching? — it's no contest. At the risk of sounding like an obsessed fan, Sean is one of the finest comedians Britain has to offer and his stand-up routines are something to saviour. Filmed at the Hammersmith Apollo, this live show sees Sean wax lyrical about all sorts of topics, including pub atmospheres, Top of the Pops and football fans.

ITV1

5.30 ITV Morning News. 6.00 GMTV. 9.25 The Planet's Funniest Animals. 10.25 Countrywise. (R) (T) 10.55 Quincy ME. (R) (T) 11.55 ITV News and Weather; Weather. (T) 12.00 FILM: Avalanche Express (1979). Cold War thriller, starring Lee Marvin. (T) 1.40 Who Wants to Be a Millionaire? Celebrity. (R) (T) 2.40 Beat the Star. (R) (T) 3.55 London Tonight; Weather. (T) 4.10 ITV News and Weather. (T) 4.25 FILM: Harry Potter and the Prisoner of Azkaban (2004). Fantasy adventure, starring Daniel Radcliffe. (T)

7.00 Harry Potter: Behind the Magic. Ben Shephard takes a look behind the scenes of Harry Potter and the Half-Blood Prince. Includes interviews with Daniel Radcliffe and the main cast and crew, together with clips from the new film, in which the TV presenter also has a role. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to answer questions that could change their fortunes - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.00 Katie Price Exclusive - With Piers Morgan. In the wake of Katie Price's break-up with Peter Andre, the model talks to Piers Morgan about her relationship with the Australian pop star, who she met when they were contestants on I'm a Celebrity Get Me Out of Here! She discusses their romance, subsequent marriage, their children and where it all went wrong, as well as her hopes for the future. (T)

9.45 Mumbai Calling. Kenny and Terri's embarrassment at waking up in bed together is cut short when news arrives that the owner of Teknobable is visiting Mumbai. However, their blossoming relationship and Kenny's job appear doomed when he discovers she is also dating the business tycoon. Guest starring Denis Lawson. Last in the series. (T)

10.15 ITV News and Weather; Weather. (T)

10.30 FILM: True Lies (1994). A salesman's wife is unaware her boring husband leads a double life as a superspy. Action comedy, starring Arnold Schwarzenegger and Jamie Lee Curtis. (T)

1.05 FILM: Moby Dick (1956). Seafaring adventure, starring Gregory Peck; (T) ITV News Headlines. 3.05 Crossing Jordan. (R) (T) 3.50 ITV Nightscreen.

Reach the right readers for the right price
Tel 707 500 677

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: Animalia. (R) (T) 7.25 Sportsround. (R) (T) 7.40 Funky Fables. (R) (T) 7.55 Eliot Kid. (R) (T) 8.05 Wolverine and the X-Men. (R) (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Sorry, I've Got No Head; (R) (T) Diddy Dick & Dom. (R) (T) 9.30 Hotel Trubble. (R) (T) 10.00 Transmission Impossible with Ed and Oucho. (T) 11.30 Young Dracula. (R) (T) 12.00 The Sky at Night. (R) (T) 12.20 Coast. (R) (T) 12.25 FILM: Fire Down Below (1956). Romantic drama, starring Rita Hayworth. (T) 2.15 FILM: The Prince and the Showgirl (1957). Romantic comedy, with Laurence Olivier and Marilyn Monroe. (T) 4.10 Flog It! (R) (T) 4.40 Live Athletics. The AAA's Championship and World Trials. (T) 6.30 Empire of Cricket. (R) (T) 7.30 Dad's Army. Captain Mainwaring and his platoon are ordered to clear the area for a major Army exercise. (R) (T) 8.00 Terror! Robespierre and the French Revolution. Documentary combining drama and interviews to examine the events and legacy of Maximilien Robespierre's year in charge of the state machine at the heart of revolutionary France. (T) 9.30 Blood and Guts: A History of Surgery. An insight into transplant surgery, revealing how the rates of success for the practice have increased considerably as knowledge of the human immune system has evolved. (R) (T) 10.30 The Supersizers Eat. (R) (T) 11.30 FILM: Vatel (2000). Premiere. Period drama, starring Gerard Depardieu and Uma Thurman. 1.10 The Culture Show. (R) (T) 2.00 FILM: The Lady and the Duke (2001). Premiere. French period drama, starring Lucy Russell. 4.00 Inside F1. (T) 4.15 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British Formula 3 International Series. 8.00 The Morning Line. (T) 8.55 T4: Yo Gabba Gabba. (T) 9.25 T4: Friends. (R) (T) 10.00 T4: Friends. (R) (T) 10.35 T4: Shooting Lily Allen. (T) 11.05 T4: Friends. (R) (T) 11.35 T4: Harry Potter and the Half-Blood Prince: A T4 Movie Special. (T) 12.10 T4: Big Brother. (R) (T) 1.10 T4: Big Brother. (R) (T) 1.45 Channel 4 Racing from York, Chester and Ascot. Including the 3.10 50th John Smith's Cup (H'cap) (1m 2 1/2f). (T) 4.00 Location, Location, Location. (R) (T) 4.30 Gok's Fashion Fix. (R) (T) 5.30 Celebrity Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Bear Grylls: Born Survivor. The adventurer parachutes into the Siberian tundra, where his extreme challenges include eating a deer carcass, swimming under ice and leaping onto a freight train. (T) 8.00 ER. Chaz begins his time as a med student and Morris takes him under his wing, but showing him some risky procedures endangers a patient's life. (T) 9.00 Big Brother. The past 24 hours in the house. (T) **10.00 Sean Lock: Stand Up.** A performance from London's Hammersmith Apollo. (T) 11.05 Alan Carr: Chatty Man. (R) (T) 11.55 Big Brother's Big Mouth. 12.55 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Scrapheap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (T) 7.35 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 The Secret of Eel Island. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 The Gadget Show. (R) (T) 10.40 Fifth Gear. (R) (T) 11.40 Axe Men. (R) (T) 12.40 FILM: Gorgeous (1999). Comedy thriller, starring Jackie Chan. Dubbed in English. (T) 2.40 FILM: Chariots of Fire (1981). Oscar-winning fact-based drama, starring Ben Cross and Ian Charleson. (T) 5.00 Five News. (T) 5.05 FILM: The Sea Chase (1955). World War Two adventure, starring John Wayne. (T) 7.15 Cricket on Five. England v Australia. Richie Benaud and Mark Nicholas present highlights from day four of the First Test of the Ashes at the SWALEC Stadium in Cardiff. (T) 8.00 NCIS. The dead body of a petty officer is found lying in bed next to a barman - but he insists she is not the woman he brought home the previous night. (R) (T) 8.55 NCIS. The team investigates when a set of eyeballs is mailed to an officer's home. (R) (T) 9.50 CSI: Crime Scene Investigation. Grissom hunts the killer of a school guidance counsellor. (R) (T) 10.50 Law & Order: Special Victims Unit. (T) 11.50 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Rough Guide To. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1530 Pluto Nash, film 1715 Football 1915 Reportagem: As 7 Maravilhas de Origem Portuguesa No Mundo 1945 Voz do Cidadão 2000 News 2115 2ºs Jogos da Lusofonia 2009: Opening Ceremony 2230 Dá-me Música 0015 Carga Pesada 0115 About Schmidt, film 0330 Top+ 0430 Telesales 0600 Euronews

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Zig Zag 1400 Discovery Hour 1500 Sports 1900 Entre Pratos 1930 Earth: The Power of the Planet, documentary 2100 The Private Life of a Masterpiece 2145 A Hora da Sorte 2200 News 2240 Mulholland Drive, film 0030 Eraserhead, film 0230 Sports 0615 Euronews

SIC
0600 Etnias 0645 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Puder Famosos 2315 Tá a Gravar 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 O Bando dos Quatro 1115 Campeões e Detectives 1215 Deluxe 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2215 Flor do Mar 2315 Olhos nos Olhos 0015 Le Pacte Des Loups, film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.05 T: Razorlight 9.00 T: The Killers Live 11.00 Live at the Apollo 11.45 Family Guy 12.10 American Dad! 12.30 The Real Hustle on Holiday 1.00 Bizarre ER 1.30 Make My Body Younger 2.30 Personal Affairs 3.30 The Real Hustle on Holiday 4.00 Bizarre ER 4.30 Make My Body Younger 5.30 Close

BBC4
7.00 Natural Selection 7.15 Space Dogs 8.00 Horizon: 40 Years on the Moon 9.00 Being Neil Armstrong 10.00 Apollo Wives 11.00 Film: For All Mankind PG (1989) 12.20 The Grandparent Diaries 1.20 Being Neil Armstrong 2.20 Apollo Wives 3.20 Space Dogs 4.05 Close

ITV2
1.30 Akon: The Hot Desk 1.40 Holiday Showdown 2.40 Film: Ice Age: The Meltdown U (2006) 4.25 America's Got Talent 5.25 America's Got Talent 6.25 The Planet's Funniest Animals 7.00 Superhuman: Super Strong 8.00 Film: Twins PG (1988) 10.10 Film: The 40 Year Old Virgin 15 (2005) 12.30 Film: Bowfinger 12 (1999) 2.20 FM 2.45 FM 3.10 Ricki Lake 3.50 Teleshopping 5.50 ITV2 Nightscreen

Sky1
1.00 Bones 2.00 UK Border Force 3.00 Don't Forget the Lyrics 4.00 American Gladiators 5.00 Guinness World Records Smashed! 6.00 Guinness World Records Smashed! 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Road Wars 10.00 Road Wars 11.00 Night Cops 12.00 Road Wars 1.00 Street Wars 1.50 Road Wars 2.40 Ross Kemp on Gangs 3.35 The Villa 4.25 Bite Size Brainiac 4.40 Road Wars 5.05 Gladiators

GOLD
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Last of the Summer Wine 3.20 Last of the Summer Wine 4.00 Last of the Summer Wine 4.40 Last of the Summer Wine 5.20 Last of the Summer Wine 6.00 Film: Oliver! U (1968) 9.00 Jonathan Creek 10.10 Only Fools and Horses 11.30 Film: Dracula: Dead and Loving It PG (1995) 1.15 French and Saunders 2.05 The Two Ronnies 3.00 Close

TCM
1.00 Lucky Me U (1954) 3.00 Protocol PG (1984) 4.50 The Boy Friend U (1971) 7.25 Disorderlies PG (1987) 9.00 Blazing Saddles 15 (1974) 10.50 Dark City 15 (1998) 12.50 Blazing Saddles 15 (1974) 2.35 See You in the Morning 15 (1989) 4.35 The Screening Room 5.00 Lucky Me U (1954)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Bridge to Terabithia PG (2006) Fantasy drama, starring Josh Hutcherson.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.30 35MM 7.00 Loss of Faith PG (1997) 8.45 Pride and Prejudice PG (2003) 10.45 On Broadway 12 (2007) 12.30 The Russell Girl 12 (2008) With Amber Tamblyn. 2.15 To Be Fat Like Me PG (2007) With Kaley Cuoco. 4.00 Amazing Grace PG (2006) With Ioan Gruffudd. 6.00 Jack PG (1996) With Robin Williams. 8.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 9.45 Rescue Dawn 12 (2006) With Christian Bale. 12.00 Fracture 15 (2007) With Anthony Hopkins. 2.00 The Astronaut's Wife 18 (1999) With Johnny Depp. 4.00 The Top 10 Show 4.20 Taken Away PG (1996)

Sky Movies Comedy

6.35 The Santa Clause 3: The Escape Clause U (2006) 8.10 Grandma's Boy 15 (2006) 9.50 Ghost Dad PG (1990) 11.20 Evan Almighty PG (2007) With Steve Carell. 1.00 Mamma Mia! PG (2008) With Meryl Streep. 3.00 Blades of Glory 12 (2007) With Will Ferrell. 4.40 Ghost Dad PG (1990) With Bill Cosby. 6.15 Evan Almighty PG (2007) With Steve Carell. 8.00 Mamma Mia! PG (2008) With Meryl Streep. 10.00 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 11.45 Blades of Glory 12 (2007) With Will Ferrell. 1.25 Grandma's Boy 15 (2006) With Allen Covert. 3.05 Harold & Kumar Escape from Guantanamo Bay 18 (2008) 4.50 The Santa Clause 3: The Escape Clause U (2006)

Sky Movies Action/Thriller

6.10 Mr Nice Guy 15 (1997) 7.45 Flight of the Intruder 12 (1990) 9.45 Die Hard 2 18 (1990) 11.55 The Top 10 Show 12.15 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 2.25 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 4.35 Die Hard 2 18 (1990) With Bruce Willis. 6.45 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 9.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 11.10 Sudden Death 18 (1995) With Jean-Claude Van Damme. 1.05 The Corruptor 18 (1999) With Chow Yun-Fat. 3.00 The Brave One 18 (2007) With Jodie Foster. 5.05 The Return of the Musketeers PG (1989)

The cost of a bean is all it takes to talk to one of our readers

HOW?

call our Sales Manager on 707 500 677

SPORT

Sky Sports 1

6.00 Cricket: The Ashes 8.00 Test Cricket 9.00 Cricket AM 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Where Are They Now? 7.30 Premier League World 8.00 Cricket: The Ashes 10.00 Where Are They Now? 10.30 Premier League World 11.00 Cricket: The Ashes 1.00 Test Cricket 2.00 Speedway 5.00 Where Are They Now? 5.30 Premier League World

Sky Sports 2

6.00 Tight Lines 7.00 Speedway 7.30 Friday Fight Night 9.30 Where Are They Now? 10.00 Super League 12.00 Premier League Years 2.00 Live Athletics. The English Schools Championship. 5.55 Live Super League. Warrington Wolves v St Helens (Kick-off 6.00pm). 8.00 Live Masters Football. The Central Masters. 11.00 NFL: Total Access 12.00 World Sport 12.30 Where Are They Now? 1.00 Live NASCAR. The LifeLock.com 400. 4.30 Max Power 5.30 World Sport

Sky Sports 3

6.00 Sports Unlimited 7.00 Super League 9.00 Premier League Years 11.00 WWE: Smackdown 1.00 WWE: Bottom Line 1.55 Live Rugby Union. Blue Bulls v Golden Lions (Kick-off 2.00pm). 4.00 Live Rugby Union. Western Province v Sharks (Kick-off 4.05pm). 6.00 Live Speedway. The opening World Cup semi-final. 9.00 Ocean Adventures 9.30 World Sport 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Masters Football 5.00 NFL: Total Access

British Eurosport

7.30 Cycling: Tour de France 9.00 Triathlon 9.30 Triathlon 10.00 Cycling: Tour de France 11.00 Live Cycling: Tour de France. Stage eight from Andorre-La-Vieille to Saint-Girons. 5.00 Cycling 5.30 Athletics 6.45 Cycling: Tour de France Flash 7.00 Football 9.00 Cycling: Tour de France 9.45 Live Show Jumping. The Global Champions Tour event from Estoril in Portugal. 11.20 Cycling: Tour de France 12.20 Cycling 12.50 Close

Sky Sports Xtra

6.00 Pool 7.00 Race World 8.00 Max Power 9.00 Sports Unlimited 10.00 Speedway 10.30 World Sport 11.00 Where Are They Now? 11.30 Racing News 12.00 Speedway 12.30 Friday Fight Night 2.30 Live Davis Cup Tennis. Croatia v USA. 5.30 Speedway 6.00 Premier League Years 8.00 Live US Women's Open Golf. The third day's play at the Saucon Valley Country Club in Pennsylvania. 11.00 Golf Night 1.00 US Women's Open Golf 4.00 Sports Unlimited 5.00 Ocean Adventures

If you would like to advertise on these pages
Call our Sales Manager 707 500 677
The Portugal News Established 1977

Algarve Removals
Transportation of cars, boats & motorbikes
Local removals and deliveries within Algarve
Guarantee your peace of mind & safety of goods
algarve REMOVALS
Weekly removals service to and from the UK, Algarve & Ireland
with full packing & storage facility in the UK & Algarve,
from 1 box to full or part load shipments
The Generals, Main Road, Boreham, Chelmsford, Essex, CM3 3HJ
UK – Tel: 0044 (0) 1245 468888 • Mob: 0044 (0) 7711 179842
Algarve – Tel: 00351 289 513 851 – Mob: 00351 969 134 801
Email: sales@algarveremovals.com – Web: www.algarveremovals.com

BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 The Politics Show. (T) 12.10 Formula 1: The German Grand Prix. Race nine from the Nurburgring. (T) 3.05 EastEnders. (T)

5.00 Songs of Praise. Sally Magnusson explores the virtue of courage. She interviews Prime Minister Gordon Brown about the people who have inspired him, and meets a woman who is combating gun crime. (T)
5.35 BBC News; Regional News; Weather. (T)
6.00 Antiques Roadshow. Fiona Bruce presents from Dumfries House in Ayrshire, where Prince Charles talks about the campaign he headed to save the stately home's unique collection of furniture being sold. (R) (T)
7.00 Countryfile. Matt Baker and Julia Bradbury revisit highlights of the show as they present ideas for summer escapes. With features on Britain's only Via Ferrata, an iron walkway that allows walkers access to a part of the Lake District usually reserved for climbers, ghyll-scrambling and bat-watching in Cornwall. Meanwhile, Jules Hudson discovers the secrets of harness-racing in Wales and Adam Henson tries out quad biking. Includes Weather for the Week Ahead. (T)
8.00 Hope Springs. Sadie gets in touch with her Lithuanian contact Bronius about buying fake passports so the women can leave, but with no money left, they are forced to play a game of poker to win the documents. Desperate to win, they install secret cameras and microphones - unaware that their opponents are equally devious. Meanwhile, Gil suspects Ronan knows more about the murder than he is revealing and Ina plans to divorce Euan. (T)
9.00 Casualty 1909. Sister Ada Russell breaks Matron Eva Luckes' strict rules by sneaking out of London to help a young mother. Dr Culpin is powerless to help Ethel Bennett, who rushes to visit her dying brother in a naval hospital, while Mr Dean's life spirals out of control because of his cocaine addiction. With Sarah Smart, Cherie Lunghi, William Houston, Charity Wakefield and Paul Hilton. (T)
10.00 BBC News; Weather. (T)
10.20 FILM: Mississippi Burning (1988). Two FBI agents set out to solve the murder of three civil rights workers in the Deep South. Sixties-set drama, starring Gene Hackman and Willem Dafoe; (T) Weatherview. (T)
12.25 Sign Zone: Empire of Cricket. (R) (T) 1.25 Sign Zone: Holby City. (R) (T) 2.25 Sign Zone: Why Poetry Matters. (R) (T) 3.25 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broad cast in stereo;
(bw) - black and white.

Pick of the Day

The Secret Caribbean with Trevor McDonald (ITV1, 8pm)
Anybody tuning in to this travelogue in the hope of seeing nubile, shapely young things gyrating to the samba beat in very few clothes will have had more than their money's worth in episodes one and two. The only thing that might have rather spoiled the view is the human cold shower that Sir Trevor McDonald represents as he bumbles from scene to scene, dishing out facts and looking disapprovingly at young ladies. In tonight's closing instalment, Sir Trevor witnesses how forces of nature affect the paradise islands of the Caribbean. He visits the devastated island of Montserrat — one of the most glamorous locations in the Caribbean until a volcanic eruption destroyed almost a third of the area. He meets the member of the royal family who is refusing to leave her luxury home, despite the constant threat of 100mph hurricanes. He witnesses the astonishing sight of an endangered giant leatherback turtle laying eggs on a Grenadian beach in the still of the night. And he embarks on a very exclusive property hunt as he sets out with an estate agent to find out how much it would cost to buy his very own desert island.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Britain's Favourite View. (T) 9.40 Coronation Street. (T) 11.55 ITV News and Weather; Weather. (T) 12.00 Wish You Were Here: Now & Then. (R) (T) 12.30 Dream Homes. (T) 1.30 Dickinson's Real Deal. (R) (T) 2.30 FILM: Columbo: Negative Reaction (1974). Detective drama, starring Peter Falk. (T) 4.30 Agatha Christie's Poirot. (R) (T)

6.30 London Tonight; Weather. (T)
6.45 ITV News and Weather. (T)
7.00 The Royal. New series. Dr Ormerod and Dr Weatherill accompany Brigid back to Ireland for Moira's funeral, and a new locum is thrown in at the deep end. Medical drama, starring Linda Armstrong. (T)
8.00 The Secret Caribbean with Trevor McDonald. The journalist visits islands that have been shaped by natural events. He begins with Montserrat, which was devastated by a volcanic eruption in the 1990s, where former Beatles producer George Martin shows him the derelict Air Studios that were once used by bands from around the world to record hits. Later he witnesses rare giant leatherback turtles laying their eggs on a Grenada beach, and travels to the Bahamas to find out why 11 billionaires choose to live with the constant threat of hurricanes. Last in the series. (T)
9.00 Kingdom. Peter helps an aristocrat whose brother is selling off titles, and Lyle aids a small-holder taking on a pharmaceutical giant, while Beatrice learns to fish. Last in the series. (T)
10.00 Ladies of Letters. A mix-up over censored letters leads to a late-night police raid on Vera's house and the friends find themselves in prison together. Comedy, starring Maureen Lipman and Anne Reid. (T)
10.30 ITV News and Weather; Weather. (T)
10.45 Comedy Classics: Doctor in the House. Celebration of the medical student-based sitcom from its days as a novel to the films it inspired and the series that first appeared in 1969, which starred Barry Evans. Contributions come from cast members George Layton and Geoffrey Davies, writers Graeme Garden and Bill Oddie and show fans Sherrie Hewson and TV doctor Hilary Jones. Includes Face the Music, from the follow-up series Doctor in Charge. Ronni Ancona narrates. (R) (T)
11.45 Crossing Jordan. Woody and Garrett investigate the death of an heiress killed in mysterious circumstances, while Jordan examines the body of a man who seemingly died in a motor-bike accident. (T)
12.45 A Match Made in Heaven. (R) (T) 1.10 The Cosby Mysteries; (R) (T) ITV News Headlines. 1.55 Quincy ME. (R) (T) 2.45 Nightwatch with Steve Scott: Emergency. (R) (T) 3.40 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Celebrity MasterChef. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Escape to the Country. (R) (T) 2.00 Live Golf: The Scottish Open. The final day's play at Loch Lomond Golf Club. (T) 5.30 Live Athletics. Day two of the AAA's Championship and World Trials. (T) 8.00 Top Gear. Richard Hammond and James May test the Porsche Panamera against the Royal Mail's delivery service, racing a first-class letter to see which travels fastest over the full length of the British Isles. Jeremy Clarkson is on the receiving end of the British Army's latest weapons, and Olympic gold medal-winning sprinter Usain Bolt is the Star in a Reasonably Priced Car. (T) 9.00 On Thin Ice. James Cracknell, Ed Coats and Ben Fogle make the final preparations for the race before heading to Antarctica for a 10-day acclimatisation trek. (T) 10.00 FILM: Confetti (2006). Premiere. Three couples compete for the title of Most Original Wedding of the Year. Comedy, starring Martin Freeman, Jessica Hynes and Robert Webb. (T) 11.35 Mock the Week. (R) (T) 12.05 FILM: The Adventures of Barry McKenzie (1972). Comedy, starring Barry Crocker and Barry Humphries. (T) 1.50 BBC News. (T) 3.25 The Super League Show. (T) 4.25 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 FIA GT3 Championship. (R) (T) 7.30 GT4 European Cup. (T) 8.00 Freesports on 4. (R) (T) 8.55 T4: Big Brother. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: Big Brother's Little Brother. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: Friends. (R) (T) 2.40 T4: Ugly Betty. An accident at Mode leaves everyone stunned. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.35 Supernanny USA. A New York couple struggle to control their three children. (T) 6.30 Channel 4 News. (T) 7.00 Revelations: Commando Chaplains. The work of two Royal Marine chaplains in Afghanistan. (T) 8.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 9.00 Michael Jackson's Last Days: What Really Happened. Jacques Peretti examines the events leading up to the singer's death. (T) 10.00 Alan Carr: Chatty Man. The comedian is joined by Kanye West and his UK protege Mr Hudson, who will be performing his new single Supernova. Alan also welcomes Fern Britton and Sarah Harding to the show. (T) 10.50 8 Out of 10 Cats. (R) (T) 11.25 FILM: Jackass: The Movie (2002). Comedy, starring Johnny Knoxville. (T) 1.10 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Eating for Two. (R) (T) 4.30 Scrapheap Challenge. (R) (T) 5.30 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (T) 7.35 Mio Mao. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Chiro. (R) (T) 8.00 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 The Secret of Eel Island. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Monster Moves. (R) (T) 12.00 Build a New Life in the Country. (R) (T) 1.00 The Hotel Inspector. (R) (T) 2.00 FILM: Warriors of Virtue 2: Return to Tao (2002). Martial arts adventure sequel, starring Nathan Phillips. (T) 3.45 FILM: The Seventh Voyage of Sinbad (1958). Arabian adventure, with Kerwin Mathews. (T) 5.30 Five News. (T) 5.35 FILM: Zoom (2006). Premiere. Comedy adventure, starring Tim Allen. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents action from the concluding day of the First Test of the Ashes, held at the SWALEC Stadium in Cardiff. (T) 8.00 Among the Apes. Mountain gorillas in the forests of Uganda. Last in the series. (T) 9.00 FILM: Romeo Must Die (2000). A gangster's daughter and a former cop fall in love as they hunt for his brother's killer. Martial arts adventure, starring Jet Li and Aaliyah. (T) 11.15 FILM: U Turn (1997). Black comedy thriller, starring Sean Penn. (T) 1.40 Great North Run. (R) 2.40 Triathlon. 3.30 Boxing Classics. (R) 4.00 Boxing USA. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudar de Vida 1130 T2 Para 3 "Remodelado" 1230 Destinos.pt 1300 News 1415 Só Visto! 1530 Prison Break, series 1615 Terminator: The Sarah Connor Chronicles, series 1700 Robin Hood, film 1900 Pai à Força 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Febre da Dança 2230 Os Contemporâneos 2315 No Dia Em Que... 0015 The Green Mile, film 0345 Telesales 0605 Nós

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 Science Goes to the Beach 1400 National Geographic 1445 Voz do Cidadão 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2100 A Lion Called Christian, documentary 2200 News 2230 Câmara Clara 2350 Grey Gardens, documentary 0050 Onda Curta 0150 Sports 0500 Euronews

SIC
0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 TGV: Todos Gostam do Verão 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2215 Nasci P'ra Cantar 0045 Sempre A Somar 0215 Beethoven 2, film 0400 Law & Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Formula 1: The German Grand Prix 8.00 T: Lily Allen & Elbow 9.00 T: Snow Patrol and Pet Shop Boys 10.00 Family Guy 10.20 American Dad! 10.45 T: Blur & Keane 12.15 Can I Get High Legally? 1.15 Formula 1: The German Grand Prix 2.10 Personal Affairs 3.10 Blood, Sweat and Takeaways 4.10 Can I Get High Legally? 5.10 Close

BBC4
7.00 The Day of the Triffids 7.30 The Day of the Triffids 8.00 Wainwright Walks 8.30 Fossil Detectives 9.00 Liz Smith's Summer Cruise 10.00 Mark Lawson Talks to Liz Smith 11.00 Legends 12.00 George Melly's Last Stand 1.00 Liz Smith's Summer Cruise 2.00 Mark Lawson Talks to Liz Smith 3.00 Legends 4.00 Close

ITV2
1.15 America's Got Talent 2.15 Film: Twins PG (1988) 4.20 Harry Potter: Behind the Magic 5.20 The Xtra Factor: Best and Worst 2008 6.20 Film: Hulk 12 (2003) 9.00 Katie & Peter: Stateside 10.00 Katie Price Exclusive Uncut with Piers Morgan 11.00 Film: Pretty Woman 15 (1990)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

1.25 The Xtra Factor: Best and Worst 2008 2.20 iTunes Festival 2009 3.10 iTunes Festival 2009 4.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 The Real A&E 2.00 The Real A&E 3.00 Bones 4.00 Oops TV 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 The Simpsons 6.30 The Simpsons 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Lie to Me 11.00 Bones 12.00 Bones 1.00 Road Wars 1.55 Road Wars 2.50 The Villa 3.45 Brainiac: History Abuse 4.40 Road Wars 5.05 Gladiators

GOLD
1.20 Only Fools and Horses 3.00 Film: Oliver! U (1968) 6.00 Blackadder Goes Forth 6.40 Only Fools and Horses 7.20 Only Fools and Horses 9.00 Film: Dracula: Dead and Loving It PG (1995) 10.50 Only Fools and Horses 12.10 My Family 12.50 French and Saunders 1.40 The New Adventures of Old Christine 2.10 The Two Ronnies 3.00 Close

TCM
1.00 Stop the World - I Want to Get Off PG (1966) 3.00 Selena PG (1997) 5.25 The Screening Room 6.00 The Shoes of the Fisherman U (1968) 9.00 In Love and War PG (1996) 11.10 Mad Dog and Glory 15 (1993) 1.05 In Love and War PG (1996) 3.00 The First Deadly Sin 15 (1980) 5.00 Stop the World - I Want to Get Off PG (1966)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Camp Rock PG (2008) Musical, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.00 The End of Eden PG (1996) 7.45 Cop Dog PG (2008) 9.20 Malpractice PG (2001) 11.00 No Reservations PG (2007) With Catherine Zeta-Jones. 12.50 Candles on Bay Street PG (2006) With Alicia Silverstone. 2.30 Saving Sarah Cain PG (2007) With Lisa Pepper. 4.20 No Reservations PG (2007) With Catherine Zeta-Jones. 6.15 Love N' Dancing 12 (2008) With Amy Smart. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 Reign Over Me 15 (2007) With Adam Sandler. 12.20 Looking for Mr Goodbar 18 (1977) With Diane Keaton. 2.45 Candles on Bay Street PG (2006) With Alicia Silverstone. 4.30 Previews 5.00 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.35 35MM 7.05 I Now Pronounce You Chuck & Larry 12 (2007) 9.10 27 Dresses 12 (2008) 11.10 Meet the Spartans 12 (2008) With Sean Maguire. 12.45 What Happens in Vegas 12 (2008) With Cameron Diaz. 2.30 Trading Places 15 (1983) With Dan Aykroyd. 4.30 27 Dresses 12 (2008) With Katherine Heigl. 6.30 Meet the Spartans 12 (2008) With Sean Maguire. 8.00 What Happens in Vegas 12 (2008) With Cameron Diaz. 9.45 Trading Places 15 (1983) With Dan Aykroyd. 11.45 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.45 Wild Hogs 12 (2007) With John Travolta. 3.30 35MM 4.00 Family Show 4.30 Previews 5.00 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.50 White Sands 15 (1992) 8.40 Red Sonja 15 (1985) 10.20 Pathfinder 15 (2007) 12.10 Saving Private Ryan 15 (1998) With Tom Hanks. 3.05 Zulu PG (1964) With Michael Caine. 5.30 Red Sonja 15 (1985) With Brigitte Nielsen. 7.10 White Sands 15 (1992) With Willem Dafoe. 9.00 Saving Private Ryan 15 (1998) With Tom Hanks. 11.50 Shoot 'Em Up 18 (2007) With Clive Owen. 1.35 End of Days 18 (1999) With Arnold Schwarzenegger. 3.45 The Top 10 Show 4.00 35MM 4.30 Previews 5.00 Seventeen and Missing PG (2006)

The Portugal News Group
Telecoms • Contact Centre • Directory Enquiries • IT • Fairs • Info: 707 500 677

SPORT

Sky Sports 1

6.00 Cricket: The Ashes 8.00 Test Cricket 9.00 Cricket Writers on TV 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Pioneers of Cricket 7.30 World Sport 8.00 Cricket: The Ashes 10.00 Pioneers of Cricket 10.30 World Sport 11.00 Cricket: The Ashes 1.00 Test Cricket 2.00 Pioneers of Cricket 2.30 Cricket: The Ashes 4.30 Test Cricket 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Max Power 8.00 Masters Football 11.00 Speedway 2.00 Masters Football 5.00 Live Rugby League. Barrow Raiders v Widnes Vikings (Kick-off 5.15pm). 7.30 Wild Spirits 8.00 Live US Women's Open Golf. Day four from the Saucon Valley Country Club. 11.00 Golf Night 1.00 US Women's Open Golf 4.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Premier League Years 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Watersports World 1.00 Premier League Years 3.00 Live Davis Cup Tennis. Croatia v USA. 7.00 WWE: Experience 8.00 WWE Vintage Collection 9.00 WWE: Late Night - Afterburn 10.00 Rugby League 11.30 Davis Cup Tennis 1.30 Rugby League 3.00 Close

British Eurosport

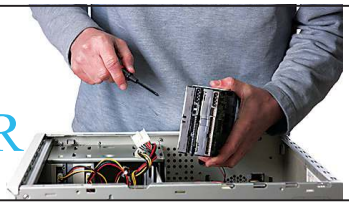
7.30 Cycling: Tour de France Flash 7.45 Cycling 8.15 Cycling: Tour de France 9.15 Triathlon 9.45 Live Rowing. The World Cup regatta from Lucerne in Switzerland. 10.45 Live Porsche Super Cup. The German Grand Prix. 11.30 Live Cycling: Tour de France. Stage nine from Saint-Gaudens to Tarbes. 4.30 Rowing 6.00 Athletics 6.45 Motorsports Weekend 7.00 Cycling: Tour de France Flash 7.15 Live ATP Tennis. The Hall of Fame Tennis Championships final. 9.00 Cycling: Tour de France 10.00 Triathlon 10.30 MotoGP 11.30 Cycling: Tour de France 12.30 Motorsports Weekend 12.45 Close

Sky Sports Xtra

6.00 Ten Pin Bowling 7.00 Speedway 10.00 NASCAR 12.30 Max Power 1.30 Ten Pin Bowling 2.30 Watersports World 3.30 NASCAR 6.00 Live Indy Car Series. The Indy Toronto. 8.30 NASCAR 11.00 Indy Car Series 1.30 Close

It costs just one cent to reach 6 of our readers
Tel 707 500 677

LET US BUILD YOUR COMPUTER

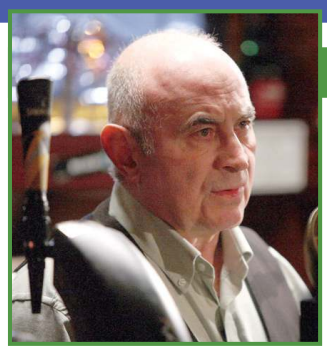


We can tailor-make a computer in our workshops just for you and in exact accordance with your needs.
EVERYTHING IN ENGLISH
Our technicians will install English language operating systems, deliver the computer and configure everything for you. They will transfer data from your old computer, plus all your previous settings, favourites, cookies, e-mail accounts leaving everything as you like it, but faster and better.
FROM ONLY €399(1)

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)
7.30 Dom's on the Case; (R) (T) BBC News; Regional News. (T)
8.00 EastEnders. Archie tries to win Peggy back over dinner at Fargo's, while Christian and Syed come to blows at the Masala Unit. Stacey receives her divorce papers from Bradley. (T)
8.30 Panorama. Following the September 11 attacks, the Bush administration approved a series of measures designed to detain those suspected of involvement in global terrorism. Reporter Hilary Andersson investigates whether techniques employed in the interrogation of those held in US custody amounted to abuse and broke international law. (T)
9.00 The Street. New series. Bob Hoskins stars in the return of Jimmy McGovern's interlinked drama anthology. He plays pub landlord Paddy Gargan, who finds himself on the wrong side of a local gangster after barring the man's son from the pub for smoking in the toilets. With neither man willing to back down, the disagreement becomes a matter of mutual pride and self-respect - and violence seems inevitable. Also starring Liam Cunningham, Frances Barber and Timothy Spall. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Moving On. A terrifying verbal attack sets off a chain of events that leaves a conscientious employee at a homeless shelter doubting her memory of the incident and feeling she has lost control of her life. As all sides seem to close in on her, Sylvie must dig deep to find the courage to reassert control. Drama, starring Lesley Sharp and Joanne Froggatt. Last in the series. (R) (T)
11.20 FILM: The Shooting Party (1984). Period drama, starring Edward Fox; (T) Weatherview. (T)
1.00 Sign Zone: The Supersizers Eat. (R) (T) 2.00 Sign Zone: Taking the Flak. (R) (T) 3.00 Sign Zone: Heir Hunters. (R) (T) 3.45 BBC News. (T)



Pick of the Day

The Street (BBC1, 9pm)
Some dramas have 'pure quality' carved deep into their bones. They simply exude a grit, integrity and realism that lesser small-screen offerings can only dream of. The Street is certainly among the top two or three shows currently being made by the Brits, and early signs are that series three could be the best yet. A truly top-drawer cast has been assembled and tonight it's movie star Bob Hoskins who gets a chance to shine. He stars as reformed alcoholic Paddy Gargan, landlord of The Greyhound, as Jimmy McGovern's powerful and award-winning drama begins. The pub, which Paddy runs with his hard-working wife Lizzie, is the hub of the community. But Paddy's biggest-spending customer is local gangster Thomas Miller, who also finances The Greyhound's football team. After football one day, Paddy catches Miller's son, Callum, smoking in the toilets and bars him from the pub. He has to be seen to mean business — the smoking fine is £5,000. Miller is furious and challenges Paddy to drop Callum's ban, but Paddy is resolute. Miller threatens Paddy and Paddy's son, Liam, threatens to retaliate. Lizzie begs Paddy to go to the police but Paddy won't listen. Lizzie is beside herself with worry. Loyal friend Eddie offers assistance but Paddy needs serious muscle, so who will back up him in his hour of need?

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Maya & Miguel. (R) (T) 8.25 Stake Out. (R) (T) 8.55 Mortified. (R) (T) 9.20 Jakers! (R) (T) 9.40 Basil's Game Show. (R) (T) 10.10 What's New Scooby-Doo? (R) (T) The Owl. (R) (T) 10.35 Beat the Boss. (R) (T) 11.05 The Flintstones. (R) (T) 11.30 Castle in the Country. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Rowing. (T) 2.00 Animal Park. (R) (T) 2.30 Car Booty. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (T) 7.00 Top Gear. The Porsche Panamera races against the Royal Mail's delivery service. (R) (T) 8.00 University Challenge. The Royal Veterinary College takes on Manchester University. (T) 8.30 What to Eat Now. Valentine Warner focuses on creating the perfect picnic. (T) 9.00 The Supersizers Eat. Sue Perkins and Giles Coren take a culinary journey through the 1920s, drinking cocktails at the Ritz, dancing the Charleston at the Cafe de Paris and sampling a gourmet picnic. (T) 10.00 How Not to Live Your Life. New series. Comedy, written by and starring Dan Clark. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. Colvin tells Burrell about the free zones. (T) 12.20 BBC News. (T) 3.45 Close.

C4

6.15 The Hoobs. (R) (T) 6.40 The Hoobs. (R) (T) 7.05 Big Brother's Little Brother. (R) (T) 8.05 Big Brother. (R) (T) 9.10 Will & Grace. (R) (T) 9.40 Will & Grace. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.25 FILM: Doctor in Distress (1963). Hospital comedy, starring Dirk Bogarde. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. New series. The demolition of the Sighthill Estate in North Glasgow. (T) 8.00 Dispatches: The Children Britain Betrayed. Peter Oborne examines the alleged failures in Britain's child protection system. (T) 9.00 Inside Nature's Giants. Scientist Mark Evans and the team dissect a crocodile to find out how the reptiles digest food, examining the powerful jaw muscles and inspecting the stomach for clues. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 Michael Jackson's Last Days: What Really Happened. (R) (T) 12.10 4Music: Dead Weather: Video Exclusive. (T) 12.15 Green Day: Live from Abbey Road. (R) (T) 12.50 PokerStars.com. 1.50 Big Brother Live. 4.00 FILM: The Way We Were (1973). Romantic drama, starring Robert Redford and Barbra Streisand. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.25 Sailor Sid. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 Zoo Days Shorts. 3.15 FILM: Wild Hearts (2006). Drama, starring Richard Thomas. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Rough Guide to City Breaks. (R) (T) 7.00 Five News at 7. (T) 7.30 The Great London Jump: Robbie Maddison. The motocross star attempts a spectacular feat; (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. The possible effects of reducing the national speed limit; (T) 8.00 Five News at 9. 9.00 The Hotel Inspector. Improving the fortunes of the Walpole Bay Hotel in Margate. (T) 10.00 FILM: The Juror (1996). A mobster vows to murder a woman's son if she fails to convince her fellow jurors of a man's innocence. Thriller, starring Demi Moore and Alec Baldwin. (T) 12.20 America's Toughest Prisons. (R) (T) 1.25 NASCAR. 2.20 Race and Rally UK. 3.10 Motorsport Mundial. 3.35 Grand American Racing. 4.25 FIM Motocross. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Fuse. New series. Game show in which six contestants are challenged to take on "the Fuse" and quickly answer questions to prevent a fortune going up in smoke, before competing against one another to take the prize money home. Austin Healey hosts. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Bob shares a passionate moment with Gennie after accepting his relationship with Viv is over. Pollard makes Val realise the extent of their financial difficulties after she goes on an extravagant spending spree, and she encourages him to get a job. Elsewhere, Debbie gains a potential admirer. (T)
7.30 Coronation Street. Guilty after his night away with Sally, Kevin tries to end his affair, encouraging Tyrone to book a holiday to take Molly's mind off him. John gives Fiz his grandmother's engagement ring, but she continues to withhold news of her problems with Chesney, and Ashley refuses to consider Claire's plea for a break in Blackpool. (T)
8.00 Airline. A big freeze across Europe brings chaos to Luton airport the day before New Year's Eve, and manager Leo Jones bears the brunt of passengers' dissatisfaction. (R) (T)
8.30 Coronation Street. Tyrone's holiday plans fail to kindle Molly's enthusiasm. Hayley refuses to join Fiz's wedding preparations until she has informed Chesney, and money worries affect Ashley's mood. (T)
9.00 Monday Monday. New series. Drama following Sally, PA to the Head of Human Resources of struggling supermarket chain Butterworths, as she copes with her employer relocating its head office to Leeds, the incompetence of her alcoholic boss and breaking up with her fiance. To make matters worse, an after-work drink leads to an embarrassing encounter with a handsome stranger - who begins work at her office the next day. Morven Christie and Fay Ripley star. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Ali G Indahouse (2002). Comedy, starring Sacha Baron Cohen. (T)
12.10 Nightwatch with Steve Scott: Mystery. (R) (T) 1.05 Tour de France 2009; (T) ITV News Headlines. 2.00 Loose Women. (R) 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1730 2ªs Jogos da Lusofonia 2009: Futsal 1915 Preço Certo 2000 News 2100 Notas Soltas 2115 Jogo Duplo 2215 Conta-me Como Foi 2315 US Marshalls, film 0115 Cold Case, series 0245 Amor e Intrigas 0345 Telesales 0605 Nós

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 The Private Life of a Masterpiece 1700 Zig Zag 1830 A Fé dos Homens 1900 Mudar de Vida 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 5 Para a Meia-Noite 0115 Diga Lá Excelência 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Las Vegas, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2315 Sentimentos 0015 Harper's Island, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 T: The Killers and the Best of the Rest 8.00 The Real Hustle on Holiday 8.30 The Real Hustle on Holiday 9.00 Gavin & Stacey Christmas Special 10.00 EastEnders 10.30 Little Britain 11.00 Family Guy 11.25 Family Guy 11.50 Gavin & Stacey Christmas Special 12.50 How Not to Live Your Life 1.20 Personal Affairs 2.20 The Real Hustle on Holiday 2.50 Blood, Sweat and Takeaways 3.45 Make My Body Younger 4.45 The Real Hustle on Holiday 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Liz Smith's Summer Cruise 8.30 Only Connect 9.00 Wallander 10.30 Who Is Kurt Wallander? 11.30 Beryl's Last Year 12.30 Only Connect 1.00 Who Is Kurt Wallander? 2.00 Beryl's Last Year 3.00 Liz Smith's Summer Cruise 4.00 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 The Chopping Block 9.00 Film: Wimbledon 12 (2004) 11.05 Coronation Street 11.35 Coronation Street 12.05 Celebrity Juice 12.35 Celebrity Juice 1.05 The Chopping Block 2.00 Teleshopping 3.30 The Montel Williams Show 4.10 Teleshopping 5.40 ITV2 Nightscreen

Sky1
1.00 Top Design 2.00 Lost 3.00 Bones 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 The Real Full Monty 10.30 Road Wars 11.30 Road Wars 12.30 Ross Kemp on Gangs 1.30 Road Wars 2.25 Airline 2.50 Stargate SG-1 3.45 Stargate SG-1 4.40 Road Wars 5.05 Bite Size Brainiac 5.10 Brainiac: Science Abuse

GOLD
1.00 Steptoe and Son 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.20 Harry Enfield and Chums 11.00 Only Fools and Horses 12.20 Early Doors 1.00 Harry Enfield and Chums 1.40 The Two Ronnies 2.20 Early Doors 3.00 Close

TCM
1.00 The Bramble Bush PG (1960) 3.00 The Stalking Moon PG (1968) 5.05 None But the Brave PG (1965) 7.10 The Big Trees PG (1952) 9.00 Fame 15 (1980) 11.30 The Rise and Rise of Michael Rimmer 15 (1970) 1.25 Fame 15 (1980) 3.45 Freaks 15 (1932) 5.00 The Bramble Bush PG (1960)

The Disney Channel
Kids' programmes from 7am

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broad cast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.30 Phenomenon PG (1996) 8.40 The Movie Geek 9.10 The Illusionist PG (2006) 11.10 Die Hard 4.0 15 (2007) With Bruce Willis. 1.25 The Neighbor 12 (2008) With Matthew Modine. 3.10 Dead Man Walking 15 (1995) With Susan Sarandon. 5.20 35MM 5.50 Freedom Writers 12 (2007) With Hilary Swank. 8.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 9.50 Die Hard 4.0 15 (2007) With Bruce Willis. 12.00 Deception 15 (2008) With Hugh Jackman. 2.00 Gridlock'd 18 (1997) With Tupac Shakur. 3.45 The Movie Geek 4.15 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.40 35MM 7.10 Pee-Wee's Big Adventure PG (1985) 8.45 The Top 10 Show 9.05 Dirty Rotten Scoundrels PG (1988) 11.00 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 12.55 Hairspray PG (2007) With John Travolta. 2.55 Wedding Daze 15 (2006) With Jason Biggs. 4.30 The Out-of-Towners 12 (1999) With Steve Martin. 6.05 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 8.00 Hairspray PG (2007) With John Travolta. 10.00 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 11.55 Wedding Daze 15 (2006) With Jason Biggs. 1.30 Kenny 15 (2006) With Shane Jacobson. 3.20 The Out-of-Towners 12 (1999) 4.55 Pee-Wee's Big Adventure PG (1985)

Sky Movies Action/Thriller

6.40 Turbulence 2: Fear of Flying 15 (1999) 8.30 Back in Business PG (2007) 9.55 Spider-Man 3 12 (2007) 12.20 Twilight 15 (1998) With Paul Newman. 2.05 Street Kings 15 (2008) With Keanu Reeves. 4.00 Spider-Man 3 12 (2007) With Tobey Maguire. 6.20 Johnny Handsome 15 (1989) With Mickey Rourke. 8.00 Street Kings 15 (2008) With Keanu Reeves. 10.00 Rambo 18 (2008) With Sylvester Stallone. 11.35 The General's Daughter 18 (1999) With John Travolta. 1.35 Two Days in the Valley 18 (1996) With Danny Aiello. 3.25 Nighthawks 18 (1981) 5.10 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 US Women's Open Golf 12.00 Golf Night 2.00 Cricket: The Ashes 4.00 Where Are They Now? 4.30 Live Cricket. Essex Eagles v Sussex Sharks. 10.00 Where Are They Now? 10.30 FIFA Futbol Mundial 11.00 Speedway 2.00 FIFA Futbol Mundial 2.30 Soccer AM: The Best Bits 3.30 Watersports World 4.30 Max Power 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Cricket: The Ashes 9.00 Test Cricket 10.00 Indy Car Series 12.30 Rugby League 2.00 US Women's Open Golf 5.00 Golf Night 7.00 Live Speedway. The second World Cup semi-final. 10.00 Poker 11.00 Thinking Tackle 12.00 Soccer AM: The Best Bits 1.00 Test Cricket 2.00 Poker 3.00 Show Jumping 4.00 British Rally Championship 5.00 Close

Sky Sports 3

8.00 WWE: Bottom Line 9.00 Rugby League 10.30 Ocean Adventures 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Davis Cup Tennis 2.00 Ocean Adventures 2.30 Indy Car Series 5.00 WWE: Raw 7.00 Live Horse Racing. From Windsor, Killarney and Wolverhampton. 9.00 Ocean Adventures 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 7.45 WATTS 8.00 Cycling: Tour de France 9.00 Football 10.45 Athletics 12.00 Rowing 1.15 Cycling: Tour de France 2.15 ATP Tennis 3.15 MotoGP 4.00 Live Women's Under-19s European Championship Football. Belarus v Switzerland (Kick-off 4.00pm). 6.00 Athletics 9.00 Triathlon 9.30 Cycling: Tour de France 10.30 Cycling: Tour de France Flash 10.45 Planet Armstrong 11.00 MotoGP 12.00 Motorsports Weekend 12.15 Planet Armstrong 12.30 Close

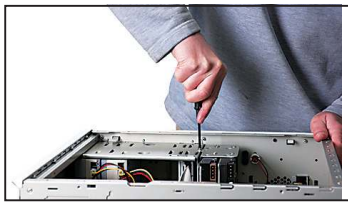
Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Thinking Tackle 6.00 Ocean Adventures 6.30 Wild Spirits 7.00 Show Jumping 8.00 British Rally Championship 9.00 Thinking Tackle 10.00 Show Jumping 11.00 Ocean Adventures 11.30 Wild Spirits 12.00 British Rally Championship 1.00 Ocean Adventures 1.30 Wild Spirits 2.00 Thinking Tackle 3.00 Close

You can talk to one of our readers for the cost of a bean

* Based on double directory colour = €80 per week
* Readership of at least 50,000 based on audited circulation of approx 20,000 x 2.5

call our Sales Manager on 707 500 677



There are many choices, and our technicians will talk through with you what you need, make some suggestions, and then build, deliver and install for you [2].
Why buy 'off the peg', when you can have 'tailor-made' for as little as €399 [1]

[1] Screen not included. IVA not included
[2] Installation costs €40 per hour, but not available in every area.

WORLD TELECOM
ANOTHER SERVICE FROM WORLD TELECOM
PART OF THE PORTUGAL News GROUP Established 1977

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Sam and Mark's Guide to Dodging Disaster. (R) (T) 4.35 Clash. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood; (T) Bang Goes the Theory. Dallas Campbell, Liz Bonnin, Jem Stansfield and Dr Yan Wong examine some of the world's most advanced technological breakthroughs. (T)
7.30 EastEnders. Phil visits Archie with a plan to scare him off - but finds Peggy is already with him - while Janine and Ian pit Tiffany and Bobby against each other in the talent contest; (T) BBC News; Regional News. (T)
8.00 Holby City. Donna's father is admitted to the hospital, but he tries to persuade her to discharge him. Oliver is desperate to impress Linden, but his efforts lead to a patient making a complaint against Daisha, and having identified her competition in the race to be director of surgery, Connie latches onto Elliot and Tara's proposed operation in the hope of impressing the board. The Wire star Clarke Peters joins the cast. (T)
9.00 What's Really in Our Food? Tom Heap and Simon Boazman shed new light on the way food is labelled, revealing the tricks and quirks companies employ to disguise undesirable ingredients in their products. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Reviled by the critical community in the 1970s, the work of American photographer William Eggleston is now commonly regarded as an influence on many film-makers. In this programme, Alan Yentob follows the normally elusive artist as he tours his native Memphis, Tennessee , in search of new subject matter for his latest portfolio. (T)
11.25 FILM: London to Brighton (2006). Premiere. Crime thriller, starring Lorraine Stanley and Georgia Groome; (T) Weatherview. (T)
12.50 Sign Zone: Nasa - Triumph and Tragedy. (R) (T) 1.50 Sign Zone: Nasa - Triumph and Tragedy. (R) (T) 2.50 Sign Zone: Heir Hunters. (R) (T) 3.35 BBC News. (T)

Pick of the Day

Freefall (BBC2, 9pm)
If there's a surefire way to get people to tune into a TV programme, it's by packing it full of famous faces. So, Free Fall should be the next big thing on the box. It stars Aidan Gillen (who can also be seen playing a creepy but ambitious politician in The Wire at the moment), former Bond girl Rosamund Pike and Dominic Cooper. The latter is, of course, best known for his starring role in Mamma Mia! However, he tackles a very different character here: Dave, a mortgage broker who seems to be able to make a deal with and for anyone, even an old friend who's been stuck in a council flat for years. Dave works for Gus, a high-flying city executive who packages and sells bundles of mortgages for an enormous profit. But both Dave and Gus's worlds could be about to come crashing down around their ears when the market collapses. "The film explores what motivates us to do the things we do," says Cooper. "Why are we constantly searching for something better? What is behind that desire? Overall, I think it demonstrates how fragile relationships can be and how much more important they are than the desire for material happiness."

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Maya & Miguel. (R) (T) 8.25 Stake Out. (R) (T) 8.55 Mortified. (R) (T) 9.20 Jakers! (R) (T) 9.40 Basil's Game Show. (R) (T) 10.10 What's New Scooby-Doo? (R) (T) The Owl. (R) (T) 10.35 Beat the Boss. (R) (T) 11.05 The Flintstones. (R) (T) 11.30 Castle in the Country. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Living in the Sun. (R) (T) 2.00 Animal Park. (R) (T) 2.30 Car Booty. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (T) 7.00 On Thin Ice. The team acclimatises to the extreme weather in Antarctica. (R) (T) 8.00 Coast. New series. The programme examining the British Isles widens its boundaries to the shores of the nation's European neighbours, beginning with a hovercraft ride to France. (T) **9.00 Freefall.** Drama depicting the effect of the recession on the fortunes of a city executive, a mortgage broker, and the residents of a council flat. Aidan Gillen and Dominic Cooper star. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.25 BBC News. (T) 3.35 Close.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.35 Will & Grace. (R) (T) 10.05 The OC. Pilot episode of the drama about a wealthy coastal community. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.25 FILM: Campbell's Kingdom (1957). Adventure, starring Dirk Bogarde. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. A floor-by-floor glimpse of tower block life. (T) 8.00 Property Snakes and Ladders. Buy-to-let developers in Devon set out to transform an abandoned railway station on the edges of Dartmoor into a base of operations for a holiday rental business. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 You Have Been Watching. Comedy quiz show, hosted by Charlie Brooker. (T) 10.50 The Inbetweeners. (T) 11.25 Rude Tube. (R) (T) 11.55 World Series of Poker Europe. (R) 12.55 Big Brother Live. 4.00 Ocean Race. (T) 4.50 World Sport. (R) (T) 5.15 British Formula 3 International Series. (R) (T) 5.45 GT4 European Cup. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Sailor Sid. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Generation Gap (2008). Premiere. Coming-of-age drama, starring Alex Black. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Rough Guide to Mediterranean Islands. (R) (T) 7.00 Five News at 7. (T) 7.30 Vets in Action. Louise undertakes dangerous surgery to save a dog's hearing and Joanne is called to deal with a bug causing blindness in goats. Narrated by Kym Marsh; (R) (T) 7.30 Five News Update. (T) 8.00 Monster Moves. A disused paddle steamer is transported 130km inland. Last in the series; (T) 8.00 Five News at 9. 9.00 CSI: Miami. The daughter of Delko's therapist is murdered. (T) 10.00 CSI: NY. Mac uncovers a murder on board a commercial flight; (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Criminal Minds. (R) (T) 1.00 US Tour Golf. 2.00 Seniors Golf. 2.50 NHRA Drag Racing. 4.20 Great North Run. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Fuse. Game show in which six contestants are challenged to take on "the Fuse" and quickly answer questions to prevent a fortune going up in smoke, before competing against one another to take the prize money home. Austin Healey hosts. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Viv returns to the village after being released from prison, but is made to feel like a stranger in her own home when she is mistaken for a thief by Brenda, the twins fail to recognise her, and relations with Bob seem strained. Debbie enjoys a successful date with Michael, but fails to tell him she has a daughter, and Turner struggles to keep up with the relentless lifestyle enjoyed by his friend Eddy, who makes him an exciting offer. (T)
8.00 New Homes from Hell 2009. Documentary series focusing on people whose lives have been ruined by property disasters. Featuring families who have invested all their hopes and money into making their homes abroad, only to find their dreams dashed. (R) (T)
9.00 Trial & Retribution. Part one of two. An ambulance is run off the road, and the famous patient it was carrying is shot in the head. Crime drama starring David Hayman and Victoria Smurfit. Concludes at 10.35pm. (R) (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Trial & Retribution. Conclusion. Imogen's mother makes an emotional appeal for her daughter's safe return as the heiress tries to flee the country with drug dealer Hikmet in hot pursuit. Assigned to the drug squad, Connor meets a wall of silence as her colleagues pursue their own agenda and her relationship with McGill threatens the investigation. Drama, starring Victoria Smurfit and Vincent Regan. (R) (T)
11.35 Hollywood Lives. The impact of Victoria and David Beckham's arrival in Los Angeles, and an interview with footballer-turned-actor Vinnie Jones as he shoots his 43rd film. Last in the series. (T)
12.05 Supernatural. (T) 12.45 Goodwood Festival of Speed 2009. 1.40 Nightwatch with Steve Scott: Mystery; (R) (T) ITV News Headlines. 2.30 Loose Women. (R) 3.20 The Jeremy Kyle Show. (R) (T) 4.15 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1715 2ºs Jogos da Lusofonia 2009: Football 1915 Preço Certo 2000 News 2100 Em Reportagem 2140 Jogo Duplo 2240 Conta-me Como Foi 2330 Contra Informação 0000 Cold Case, series 0130 Amor e Intrigas 0330 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1500 2ºs Jogos da Lusofonia 2009: Judo 1830 A Fé dos Homens 1900 2ºs Jogos da Lusofonia 2009: Basketball 2045 Samantha Who?, series 2115 National Geographic 2200 News 2230 The Mentalist, series 2330 Bairro Alto 00305 Para a Meia-Noite 0115 Câmara Clara 0225 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Las Vegas, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2315 Sentimentos 0015 Apanha-me Se Puderes 0115 Red Heat, film 0315 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Snog, Marry, Avoid? 7.30 Snog, Marry, Avoid? 8.00 Make My Body Younger 9.00 Personal Affairs 10.00 EastEnders 10.30 Bizarre ER 11.00 Family Guy 11.25 Family Guy 11.45 Britney Spears Saved My Life 12.45 Make My Body Younger 1.45 Bizarre ER 2.15 Snog, Marry, Avoid? 2.45 Blood, Sweat and Takeaways 3.40 Personal Affairs 4.40 Snog, Marry, Avoid? 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 South Pacific 9.00 How to Be Old 10.00 The Chaser's War on Everything 10.30 Flight of the Conchords 11.00 Getting On 11.30 John Mortimer - A Life in Words 12.30 How to Be Old 1.30 Only Connect 2.00 John Mortimer - A Life in Words 3.00 How to Be Old 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 Katie & Peter: Stateside 9.00 Katie Price Exclusive Uncut with Piers Morgan 10.00 Film: Bowfinger 12 (1999) 11.55 Film: 2 Fast 2 Furious 12 (2003) 2.00 The Office: An American Workplace 2.25 The Office: An American Workplace 2.50 Teleshopping 3.20 The Montel Williams Show 3.55 Teleshopping 5.55 ITV2 Nightscreen
Sky1
1.00 Top Design 2.00 Lost 3.00 Bones 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 The Real Full Monty 11.30 Bones 12.30 Road Wars 1.25 Road Wars 2.15 Ross Kemp on Gangs 3.05 Stargate SG-1 3.55 Stargate SG-1 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 Steptoe and Son 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.20 Harry Enfield and Chums 11.00 Only Fools and Horses 12.15 Murder Most Horrid 12.55 Harry Enfield and Chums 1.35 The Two Ronnies 2.30 Murder Most Horrid 3.00 Close
TCM
1.00 The Great Bank Robbery U (1969) 3.00 How the West Was Won PG (1962) 5.55 Off Set 6.40 Classic Shorts 2008 7.00 The Gumball Rally PG (1976) 9.00 City of Angels PG (1998) 11.15 Pat Garrett and Billy the Kid 15 (1973) 1.20 City of Angels PG (1998) 3.30 Village of the Damned 12 (1960) 5.00 The Great Bank Robbery U (1969)
The Disney Channel
Kids' programmes from 7am

THE PORTUGAL News Established 1977
www.the-news.net

MOVIES

Sky Movies Drama

6.00 Cleaverville 12 (2007) 7.30 On Broadway 12 (2007) 9.15 The Great Gatsby 12 (1974) 11.45 35MM 12.15 Jack PG (1996) With Robin Williams. 2.15 Amazing Grace PG (2006) With Ioan Gruffudd. 4.15 Some Kind of Wonderful 15 (1987) With Eric Stoltz. 6.00 Perfect Stranger 15 (2007) With Halle Berry. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.40 Things We Lost in the Fire 15 (2007) With Halle Berry. 11.45 Eyes Wide Shut 18 (1999) With Tom Cruise. 2.30 Storyville 15 (1992) With James Spader. 4.30 One Special Night PG (1999)

Sky Movies Comedy

6.30 35MM 7.00 The War of the Roses 15 (1989) 9.00 Welcome Home Roscoe Jenkins 12 (2008) 11.00 Housesitter PG (1991) With Steve Martin. 12.45 Drillbit Taylor 12 (2008) With Owen Wilson. 2.30 Teen Wolf PG (1985) With Michael J Fox. 4.05 Tin Men 15 (1987) With Richard Dreyfuss. 6.00 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 8.00 Drillbit Taylor 12 (2008) With Owen Wilson. 9.45 Teen Wolf PG (1985) With Michael J Fox. 11.25 Housesitter PG (1991) With Steve Martin. 1.10 The War of the Roses 15 (1989) With Michael Douglas. 3.10 Tin Men 15 (1987) 5.05 The Pirates of Penzance U (1982)

Sky Movies Action/Thriller

6.45 VI Warshawski 15 (1991) 8.20 The Killers 15 (1964) 10.00 Jaws 3 12 (1983) 11.45 Charley Varrick 15 (1973) With Walter Matthau. 1.40 VI Warshawski 15 (1991) With Kathleen Turner. 3.15 Three 15 (2005) With Kelly Brook. 4.55 In the Line of Fire 15 (1993) With Clint Eastwood. 7.05 Daylight 12 (1996) With Sylvester Stallone. 9.00 Universal Soldier: The Return 18 (1999) With Jean-Claude Van Damme. 10.30 The Condemned 18 (2007) With Steve Austin. 12.30 8 Million Ways to Die 18 (1986) With Jeff Bridges. 2.30 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 4.30 Jaws 3 12 (1983)

We are here to help with all your advertising needs, just call our Sales Manager on 707 500 677

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Speedway 12.00 Poker 1.00 Wild Spirits 1.30 Speedway 4.30 Live Cricket. Warwickshire Bears v Middlesex Panthers. 10.00 Football Asia 10.30 NFL: Total Access 11.30 Davis Cup Tennis 12.30 Pool 1.30 Football Asia 2.00 NFL: Total Access 3.00 World Match Tour Sailing 3.30 Football Asia 4.00 Davis Cup Tennis 5.00 Ocean Race

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Afterburn 8.00 Show Jumping 9.00 Premier League Bowls 11.00 Ocean Race 12.00 Show Jumping 1.00 Thinking Tackle 2.00 Ocean Race 3.00 Show Jumping 4.00 Poker 5.00 NFL: Total Access 6.00 Ocean Adventures 6.30 Carp Academy 7.00 Live Horse Racing. Coverage from Southwell and Great Yarmouth. 9.00 Davis Cup Tennis 10.00 Poker 12.00 Ocean Race 1.00 World Match Tour Sailing 1.30 Carp Academy 2.00 Sports Unlimited 3.00 Women's Pool 4.00 Close

Sky Sports 3

8.00 British Rally Championship 9.00 Test Cricket 10.00 Thinking Tackle 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Premier League Bowls 2.00 Ocean Adventures 2.30 Wild Spirits 3.00 Premier League Bowls 5.00 WWE: Smackdown 7.00 Football Asia 7.30 Mountain Bike World 8.00 Premier League Bowls 10.00 Sports Unlimited 11.00 Carp Academy 11.30 Football Asia 12.00 Premier League Bowls 2.00 Close

British Eurosport

7.30 Planet Armstrong 7.45 Athletics 10.15 Triathlon 10.45 Cycling 11.15 Planet Armstrong 11.30 Cycling: Tour de France 12.30 Live Cycling: Tour de France. Stage 10 from Limoges to Issoudun. 5.00 World Superbikes 6.00 MotoGP 7.00 Cycling: Tour de France Flash 7.15 Boxing 9.00 Cycling: Tour de France 10.00 Rallying 10.30 Powerboating 11.00 Motorsports Weekend 11.15 Cycling: Tour de France 12.15 Cycling: Tour de France Flash 12.30 Close

Sky Sports Xtra

2.00 Women's Pool 3.00 British Rally Championship 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Ocean Race 6.00 Mountain Bike World 6.30 World Match Tour Sailing 7.00 Pool 8.00 Women's Pool 9.00 Volleyball 11.00 Ocean Adventures 11.30 Women's Pool 12.30 Mountain Bike World 1.00 Ocean Adventures 1.30 Mountain Bike World 2.00 Volleyball 4.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Animals at Work. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)
7.30 Real Rescues. Firefighters work to free a woman trapped beneath the wheels of a 20-ton lorry, a farmer needs assistance after being tossed into the air by a bull and animal rescue experts struggle to free a horse stuck in a river; (R) (T) BBC News; Regional News. (T)
8.00 Seaside Rescue. New series. An unfriendly bull terrier greets the Torbay lifeboat when the team is called out to two men on an inflatable boat. The beach lifeguards help a boy who has split his head open after diving into a rock pool, and a Royal Marine needs assistance after falling from a cliff. (T)
9.00 Who Do You Think You Are? New series. Big Brother presenter Davina McCall traces her French and English ancestry, and investigates whether one side of her family is descended illegitimately from royalty. The child of divorced parents, she heads to Paris in the hope of discovering more about her maternal heritage, then returns to England to explore a possible link with George IV. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important Thunderball, Dream Number and Lotto numbers. Presented by Jodie Prenger, with live music by synthpop band A-ha. (T)
10.45 FILM: A Fish Called Wanda (1988). Comedy, starring John Cleese; (T) National Lottery Update and Weatherview. (T)
12.30 Sign Zone: On Thin Ice. (R) (T) 1.30 Sign Zone: Terror! Robespierre and the French Revolution. (R) (T) 3.00 Sign Zone: Celebrity MasterChef. (R) (T) 4.00 Sign Zone: Heir Hunters. (R) (T) 4.45 BBC News. (T)

Pick of the Day

Dragons' Den (BBC2, 9pm)
If we're going to be really pedantic here, it should probably be pointed out that the entrepreneurs and venture capitalists who decide whether or not to give struggling inventors a big lump of cash, are not actually dragons. And somebody should probably tell the producers that dragons don't even live in a den. They live in a lair. But petty gripes aside, there's no doubt that watching Duncan Bannatyne, Peter Jones and the gang tell some aspiring tycoon that their big idea is a complete waste of their time, makes for some cracking television. It also throws up plenty of 'gosh, what a good idea' moments, and several of the goods and services the dragons have invested in over the years are now a big part of our everyday lives. Quite why the BBC has done so little to promote the new series of one of the channel's most popular shows, is a mystery. Perhaps Theo Paphitis and his pals could invest a few grand to allow the Beeb to hire a few decent press officers and a marketing guru. The new series retains the familiar faces of old, and the format is the same as always. But has it ever been more relevant? Who else if offering entrepreneurs hope of cash investments in the difficult economic climate? Business pitches tonight include personalised romantic novels, a scary attraction, eco-friendly patio heaters and a device to end nuisance phone calls. Evan Davis presents.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Fuse. Game show in which six contestants are challenged to take on "the Fuse" and quickly answer questions to prevent a fortune going up in smoke, before competing against one another to take the prize money home. Austin Healey hosts. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Viv struggles to settle back into village life and becomes convinced that Bob has been unfaithful. Debbie turns down Michael's offer of a date, and Bob clears the air with Gennie. (T)
7.30 Coronation Street. Claire tells Ashley not to bother coming home after a row over money. Fiz learns her and John's wedding plans are the talk of the prison, and Jack fears Connie is hiding something. (T)
8.00 The Bill. Part five of six. Tensions mount between Callum and Smithy as the Sun Hill officers undergo extra riot control training, and the two sergeants come to blows. A witness unexpectedly confirms the details of Jason Devlin's beating, and Smithy finds his career is on the line. Heaton tells Rachel he needs a good result on the case as he is leaving Sun Hill to set up a dedicated unit to tackle human trafficking - and wants her to join him. (T)
9.00 Real 999 Calls. Trevor McDonald presents a special edition of Tonight featuring people whose lives have been changed by the work of the emergency services and those answering 999 calls. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Mission to the Moon - News from 1969. New series. To mark the 40th anniversary of the Apollo 11 mission, John Suchet reports on the news from this day in 1969 as Nasa prepared for the launch the following day. Continues tomorrow. (T)
10.45 Total Emergency. Police and paramedics in Sheffield are called to help a severely injured motorcyclist and firefighters tackle a blaze that has spread through four houses. Narrated by Melissa Berry. (R) (T)
11.45 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops on duty in Afghanistan, plus insights into Air Sea Rescue and the Red Arrows aerobatic team. (T)
12.45 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.35 Loose Women. (R) 2.25 The Jeremy Kyle Show. (R) (T) 3.20 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Maya & Miguel. (R) (T) 8.25 Stake Out. (R) (T) 8.55 Krypto the Superdog. (R) (T) 9.05 Krypto the Superdog. (R) (T) 9.20 Jakers! (R) (T) 9.40 Basil's Game Show. (R) (T) 10.10 What's New Scooby-Doo? (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Alien Empire. (R) (T) 11.30 Daily Politics. (T) 1.00 Castle in the Country. (R) (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.30 Car Booty. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (T) 7.00 The Culture Show. Miranda Sawyer presents from Manchester International Festival. (T) 7.50 Dean - The Diving Decorator. A painter and decorator with a passion for nature. (R) (T) 8.00 Home for Life. New series. Injecting individuality back into the nation's homes. (T) **9.00 Dragons' Den.** New series. Personalised romantic novels and a cat-friendly collar. (T) 10.00 Taking the Flak. American reporters descend on Karibu. (T) 10.30 Newsnight; Weather. (T) 11.20 Golf: The Open Championship. A look ahead to the 138th staging of the Major. (T) 12.20 BBC News. (T) 4.45 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.35 Will & Grace. (R) (T) 10.05 The OC. (R) (T) 11.00 Desperate Housewives. Part one of two. Bree considers selling her business to save her marriage. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 FILM: Doctor at Large (1957). Medical comedy, starring Dirk Bogarde. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. A Glasgow housing estate preparing for demolition. (T) 8.00 Embarrassing Teenage Bodies. How doctors helped young people at a music festival, where they met a girl distraught about her excess skin and four brothers who still wet the bed. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Ugly Betty. Gio returns and Betty tries to make amends, but he refuses to forgive her. Meanwhile, Daniel has to deal with shocking family news. (T) 11.00 Skins. (T) 12.00 4Music: Florence and the Machine: Live at Rivoli Ballroom. (T) 12.35 Dirty Sexy Money. (R) (T) 1.25 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Revelations: Commando Chaplains. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Sailor Sid. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 FILM: Columbo: Uneasy Lies the Crown (1990). Crime drama, with Peter Falk. (T) 5.00 Five News with Natasha Kaplinsky; Weather. 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Rough Guide to Classic Road Trips. (R) (T) 7.00 Five News at 7. (T) 7.30 Mean Machines. Makes and models of bulldozer, featuring the Cat-D9, which can climb near-vertical slopes, and the Cat-D10 - designed to work in the nickel mines of Ontario, Canada; (R) (T) 7.30 Five News Update. (T) 8.00 Build a New Life in the Country. Converting an old Norfolk barn into a four-bedroom home; (T) 8.00 Five News at 9. 9.00 FILM: The Patriot (2000). A retired soldier seeks revenge for the murder of his son during the American War of Independence. Action adventure, with Mel Gibson and Heath Ledger. (T) 12.10 Poker. 1.45 Indy Car Series. 2.35 Cricket on Five. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1730 2ºs Jogos da Lusofonia 2009: Futsal 1915 Preço Certo 2000 News 2100 Em Reportagem 2130 Jogo Duplo 2230 Conta-me Como Foi 2330 Conversas de Mário Soares 0030 Cold Case, series 0145 Amor e Intrigas 0345 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1500 2ºs Jogos da Lusofonia 2009: Judo 1830 Fé dos Homens 1900 Biosfera 2030 Zig Zag 2045 Samantha Who?, series 2105 National Geographic 2200 News 2240 Dexter, series 2330 Clube de Jornalistas 0030 5 Para a Meia-Noite 0115 Biosfera 0145 Bastidores 0215 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Las Vegas, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2315 Sentimentos 0015 The Client, film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 T: The Ting Tings & Franz Ferdinand 8.00 Make My Body Younger 9.00 Film: Starsky & Hutch 15 (2004) 10.35 Family Guy 11.00 Family Guy 11.25 Little Britain 11.55 The Real Hustle on Holiday 12.25 Bizarre ER 12.55 Snog, Marry, Avoid? 1.25 Snog, Marry, Avoid? 1.55 Blood, Sweat and Takeaways 2.50 The Real Hustle on Holiday 3.20 Bizarre ER 3.50 Make My Body Younger 4.50 Snog, Marry, Avoid? 5.20 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Chelsea Pensioners: Once a Soldier 8.00 Days That Shook the World 9.00 The Trials of Oppenheimer 10.30 Getting On 11.00 Film: The Mother 15 (2003) 12.50 The Trials of Oppenheimer 2.20 Batman 2.45 Batman 3.10 Days That Shook the World 4.10 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 Gossip Girl 9.00 Film: Pretty Woman 15 (1990) 11.25 Coronation Street 11.55 Film: The Fast and the Furious: Tokyo Drift 12 (2006) 2.00 Teleshopping 5.00 ITV2 Nightscreen
Sky1
1.00 Top Design 2.00 Lost 3.00 Bones 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Film: Liar, Liar 12 (1997) 10.40 Wives 11.40 Ross Kemp on Gangs 12.40 Road Wars 1.40 Road Wars 2.35 Stargate SG-1 3.30 Stargate SG-1 4.25 Road Wars 4.50 Bite Size Brainiac 5.05 Brainiac: Science Abuse
GOLD
1.00 Steptoe and Son 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.20 Harry Enfield and Chums 10.55 Only Fools and Horses 12.20 Hippies 1.00 Harry Enfield and Chums 1.40 The Two Ronnies 2.30 Hippies 3.00 Close
TCM
1.00 The Bobo PG (1967) 3.00 Jeremiah Johnson PG (1972) 5.15 The Naked Runner PG (1967) 7.20 Murder at the Gallop U (1963) 9.00 Any Given Sunday 15 (1999) 12.00 Rollover 15 (1981) 2.15 Any Given Sunday 15 (1999) 5.00 The Bobo PG (1967)
The Disney Channel
Kids' programmes from 7am

The Portugal News Established 1977
www.the-news.net

MOVIES

Sky Movies Drama

6.15 The Children of Huang Shi 12 (2008) 8.30 The Movie Geek 9.00 The Legend of 1900 15 (1998) 11.15 The Namesake 12 (2006) With Kal Penn. 1.25 The Top 10 Show 1.45 And Justice for All 18 (1979) With Al Pacino. 3.45 Silkwood 15 (1983) With Meryl Streep. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 Indecent Proposal 15 (1993) With Demi Moore. 10.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 12.00 The Astronaut's Wife 18 (1999) With Johnny Depp. 2.00 I Want You 18 (1998) With Rachel Weisz. 3.30 My Kingdom 18 (2001) 5.30 35MM

Sky Movies Comedy

7.00 The Sugarland Express PG (1974) 8.55 35MM 9.25 To Be or Not To Be PG (1983) 11.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 1.00 St Trinian's 12 (2007) With Rupert Everett. 2.45 Ferris Bueller's Day Off 15 (1986) With Matthew Broderick. 4.30 K-9 12 (1989) With James Belushi. 6.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 8.00 St Trinian's 12 (2007) With Rupert Everett. 9.45 Ferris Bueller's Day Off 15 (1986) With Matthew Broderick. 11.35 K-9 12 (1989) With James Belushi. 1.20 To Be or Not To Be PG (1983) With Mel Brooks. 3.10 Paperback Hero 15 (1998) 4.50 The Sugarland Express PG (1974)

Sky Movies Action/Thriller

6.15 The River Wild 12 (1994) 8.15 Tremors II: Aftershocks 12 (1995) 10.00 Billion Dollar Brain PG (1967) 12.00 X-Men 12 (2000) With Hugh Jackman. 1.50 The River Wild 12 (1994) With Meryl Streep. 3.50 Vantage Point 12 (2008) With Dennis Quaid. 5.30 Rush Hour 3 12 (2007) With Jackie Chan. 7.10 X-Men 12 (2000) With Hugh Jackman. 9.00 Vantage Point 12 (2008) With Dennis Quaid. 10.35 Knock Off 18 (1998) With Jean-Claude Van Damme. 12.10 The Brave One 18 (2007) With Jodie Foster. 2.15 Rush Hour 3 12 (2007) With Jackie Chan. 3.50 The Top 10 Show 4.10 Billion Dollar Brain PG (1967)

The cost of a bean is all it takes to talk to one of our readers
HOW?
call our Sales Manager on 707 500 677

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 Poker 11.30 Football Asia 12.00 Davis Cup Tennis 1.00 World Match Tour Sailing 1.30 Football Asia 2.00 PGA EuroPro Tour Golf 4.00 Football Asia 4.30 Live Cricket. Worcestershire Royals v Yorkshire Carnegie. 10.00 Khan v Kotelnik Countdown 10.30 Ashes Poker 12.00 Soccer AM: The Best Bits 1.00 Khan v Kotelnik Countdown 1.30 Ashes Poker 3.00 Poker 5.00 FIFA Futbol Mundial 5.30 Khan v Kotelnik Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE Vintage Collection 8.00 Davis Cup Tennis 9.00 Ocean Adventures 9.30 World Match Tour Sailing 10.00 PGA EuroPro Tour Golf 12.00 Poker 2.00 Davis Cup Tennis 3.00 Poker 5.00 NFL: Total Access 6.00 Boots 'n' All 7.00 Khan v Kotelnik Countdown 7.30 European Tour Weekly 8.00 Boots 'n' All 9.00 FIFA Futbol Mundial 9.30 Total Rugby 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 Total Rugby 12.30 Boots 'n' All 1.30 Cage Fighting 3.00 Transworld Sport 4.00 Women's Pool 5.00 Close

Sky Sports 3

8.00 Volleyball 10.00 Carp Academy 10.30 Mountain Bike World 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Pool 1.00 Carp Academy 1.30 Mountain Bike World 2.00 Ocean Adventures 2.30 World Match Tour Sailing 3.00 Women's Pool 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Show Jumping 8.00 PGA EuroPro Tour Golf 10.00 Cage Fighting 11.30 Ten Pin Bowling 12.30 PGA EuroPro Tour Golf 2.30 Watersports World 3.30 Close

British Eurosport

7.30 Triathlon 8.00 Cycling: Tour de France 9.00 Beach Soccer 10.00 Athletics 12.15 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage 11 from Vatan to Saint-Fargeau. 5.00 Wednesday Selection 5.10 Wednesday Selection 5.20 Riders Club 5.25 US Tour Golf 6.25 European Tour Golf 6.50 Golf Club 6.55 Yacht Club 7.00 Wednesday Selection 7.15 Cycling: Tour de France Flash 7.30 Live Athletics. The Spitzen Leichtathletik meeting from Lucerne, Switzerland. 9.00 Cycling: Tour de France 10.00 Triathlon 10.30 Triathlon 11.00 Cycling: Tour de France 12.00 Inside WTCC 12.30 Close

Sky Sports Xtra

2.00 Volleyball 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Davis Cup Tennis 6.00 Powerboating 7.00 Ten Pin Bowling 8.00 Women's Pool 9.00 Watersports World 10.00 Transworld Sport 11.00 Ocean Adventures 11.30 Carp Academy 12.00 Women's Pool 1.00 Ocean Adventures 1.30 Total Rugby 2.00 Powerboating 3.00 Show Jumping 4.00 Close

The Portugal News Established 1977
www.the-news.net

ONE fone HOME desktop model
PART OF The Portugal News GROUP Established 1977
As portable as a mobile phone, but much bigger!
Tel: 707 500 600 today

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Sam and Mark's Guide to Dodging Disaster. (R) (T) 4.35 SMart. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 EastEnders. Ben pleads with Phil not to harm Archie when he discovers his dad's new gun is missing. Syed makes an announcement after telling Christian he regrets their time together, while Ian resorts to underhand tactics in a bid to secure Bobby's victory on the stage. Stacey is desperate to know the identity of Max's new woman; (T) BBC News; Regional News. (T)
8.00 Traffic Cops. The Humberside Police force's traffic cops have their hands full during the half-term holidays, chasing youths as young as 13 as they attempt to steal, crash and burn cars. Jamie Theakston narrates. (R) (T)
9.00 New Tricks. New series. A reluctant Brian enters an addiction centre run by monks to treat his alcoholism, but soon becomes bored and looks for a distraction. He finds one when a chance remark reopens an investigation into the death of a heroin user nine years previously. Sandra and the rest of the team soon join Brian and it's not long before Gerry decides to go undercover as a sex addict to help reveal the truth. Richard Wilson and Fay Ripley guest star. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: In the Firing Line. (R) (T) 1.25 Sign Zone: Countryfile. (R) (T) 2.20 Sign Zone: Celebrity MasterChef. (R) (T) 3.20 Sign Zone: Heir Hunters. (R) (T) 4.05 BBC News. (T)

Pick of the Day

New Tricks (BBC1, 9pm)
Just what is it that makes this ratings-topping detective drama so popular? Well, it could be that it shows grumpy, sixtysomething detectives can be every bit as maverick as their younger, more glamorous colleagues. As the new series kicks off, one of the UCOS team is even in rehab. After falling off the wagon in spectacular style at the end of the last run, Brian (Alun Armstrong) has been forced to check into the Trinity Clinic by his wife Esther (Susan Jameson), the woman who brings a whole new meaning to the term 'long-suffering.' However, while Brian may accept he needs help to conquer his alcoholism, he's less willing to give up his addiction to sleuthing, so when one of monks who run the centre mentions a mysterious death, he's keen to know more. Father Bernard (Richard Wilson) reveals that nine years ago, drug addict Robert Smith died in a suspected fall, but that some of the circumstances didn't quite add up. Sandra (Amanda Redman) agrees it's worth looking into, but as she's faithfully promised Esther not to let Brian do any detective work until he's recovered, there's only one thing for it. Gerry (Dennis Waterman) is going to have to go undercover — as a sex addict. Fay Ripley and James Bolam also star.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Fuse. Game show in which six contestants are challenged to take on "the Fuse" and quickly answer questions to prevent a fortune going up in smoke, before competing against one another to take the prize money home. Austin Healey hosts. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Bob and Viv are brought closer together while caring for the twins. Debbie agrees to let Andy see Sarah, and Jimmy struggles to contain his enthusiasm for Nicola's pregnancy. (T)
7.30 Countrywise. The team heads to Dover, where Paul Heiney marks the centenary of the first cross-channel flight and Bettany Hughes explores the secret tunnels of the White Cliffs. (T)
8.00 The Bill. Conclusion. Devlin puts pressure on the prosecution's star witness, who refuses to give evidence, so Smithy is forced to take the stand and face intense scrutiny over his behaviour during the Westgate Estate riot. Heaton announces his departure to set up a new unit, taking Stuart, Kezia and Rachel with him, and causing a few surprise promotions back at Sun Hill. Natasha Little guest stars. (T)
9.00 Living with Michael Jackson: A Tonight Special. Another chance to see Martin Bashir's 2003 interview with the pop star who died on June 25, in which he spoke candidly about his life and showed the reporter around his California ranch Neverland. Bashir was also invited to accompany Jackson on his tour of Germany, and the singer was interviewed in the Berlin hotel room where he infamously dangled his baby son over the balcony. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Mission to the Moon - News from 1969. Apollo 11 lifts off and begins its journey. (T)
10.45 Cops with Cameras. Police in Wales carry out a dawn raid that ends with a drug dealer being apprehended, while officers embark on a dramatic chase to capture a man believed to be armed with a knife. (R) (T)
11.45 The Late Debate.
12.15 British Superbike Championship Highlights. 1.05 Motorsport UK. (T) 1.55 Supernatural; (R) (T) ITV News Headlines. 2.40 Loose Women. (R) 3.25 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. The gang learns about transport and bugs. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. The Super Space Circus cancel their visit. (R) (T) 7.10 Kerwhizz. The teams compete in a land of night-times. (R) (T) 7.35 LazyTown. Robbie poses as the Mayor. (R) (T) 8.00 CBBC: Maya & Miguel. An astronaut mentors Miguel. (R) (T) 8.20 Thumb Wrestling Federation: TWF. (R) (T) 8.25 Do Something Different. (R) (T) 9.00 Live Golf: The Open Championship. The opening day's play at Turnberry in South Ayrshire. (T) 8.00 Rick Stein's Far Eastern Odyssey. New series. A culinary journey, beginning in Cambodia. (T) 9.00 Mock the Week. Dara O'Briain hosts the topical quiz, with guests Rhod Gilbert and Tom Stade joining regulars Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (T) 9.30 That Mitchell and Webb Look. An evil robot causes problems. Last in the series. (T) 10.00 Psychoville. Joy's demonstration doll, Freddy, comes to life, the auction for Snappy the Crocodile continues, and David and Maureen lure their next victim to a wax museum. Dawn French stars. (T) 10.30 Newsnight; Weather. (T) 11.20 The Death of Respect. Part one of two. The decline of traditional values in Britain. (T) 12.20 BBC News. (T) 4.05 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.35 Will & Grace. (R) (T) 10.05 The OC. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.25 FILM: Victim (1961). Drama, starring Dirk Bogarde. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. A typical day in the life of the Sighthill Estate in Glasgow. (T) 8.00 The Home Show. George Clarke helps a Harrow family in desperate need of more space, but faces a challenging transformation as he tries to solve the problems without extending the house. (T) 9.00 Gerry's Big Decision. Two struggling family-run companies vie for investment. Last in the series. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.10 TNT Show. (T) 11.40 Derren Brown: Trick or Treat. (R) (T) 12.10 You Have Been Watching. (R) (T) 1.00 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Dispatches: The Children Britain Betrayed. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.00 FILM: Execution of Justice (1999). Fact-based crime drama, starring Tyne Daly. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Rough Guide to the Great Outdoors. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia; (T) 7.15 Five News Update. (T) 8.00 Britain's Nazi King - Revealed. Edward VIII's perceived pro-German views during World War Two; (T) 8.00 Five News at 9. 9.00 The Mentalist. A corporate financier falls to his death during a skydiving incident. (T) 10.00 Law & Order: Special Victims Unit. A pre-op transsexual is suspected of murder. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 4.00 NFL Classic. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R)-repeat programme; **(T)**-programme with teletext subtitles; **(S)**-programme broadcast in stereo; **(bw)**-black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1715 2ªs Jogos da Lusofonia 2009: Football 1905 Preço Certo 2000 News 2100 Grande Entrevista 2140 Jogo Duplo 2240 Conta-me Como Foi 2330 Corredor do Poder 0030 Journeyman, series 0115 Cold Case, series 0245 Amor e Intrigas 0345 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 2ªs Jogos da Lusofonia 2009: Basketball 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Earth: The Power of the Planet, documentary 0030 5 Para a Meia-Noite 0115 Bastidores 0145 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Las Vegas, series 0130 Cartaz Cultural 0215 Quando o Telefone Toca 0430 Ugly Betty, series
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2315 Sentimentos 0015 Damages, series 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Out-takes: US Presidents 7.15 Film: Meet the Parents 12 (2000) 9.00 Pregnancy - My Big Decision 10.00 EastEnders 10.30 The Real Hustle on Holiday 11.00 Family Guy 11.25 Family Guy 11.45 Pregnancy - My Big Decision 12.45 Britney Spears Saved My Life 1.40 Snog, Marry, Avoid? 2.10 Snog, Marry, Avoid? 2.40 The Real Hustle on Holiday 3.10 My Best Friend's Murder 4.10 Personal Affairs 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Hidden Histories 8.00 Legends 9.00 The Grandparent Diaries 10.00 The Waiting Room 10.30 Wallander 12.00 Later with Jools Holland 1.05 The Grandparent Diaries 2.05 Getting On 2.35 The High Life 3.05 The Grandparent Diaries 4.05 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 iTunes Festival 2009 9.00 America's Got Talent 10.00 Entourage 10.30 Film: Gone in 60 Seconds 15 (2000) 12.50 iTunes Festival 2009 1.45 America's Got Talent 2.35 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.00 Top Design 2.00 Lost 3.00 Lost 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Bones 10.00 Lie to Me 11.00 Bones 12.00 Law & Order 1.00 Ross Kemp on Gangs 1.50 Road Wars 2.40 Stargate SG-1 3.30 Street Wars 4.20 Airline 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 The Likely Lads 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 One Foot in the Grave 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 One Foot in the Grave 9.00 Only Fools and Horses 10.20 Harry Enfield and Chums 11.00 Only Fools and Horses 12.05 Jam & Jerusalem 12.45 Porridge 1.25 Harry Enfield and Chums 2.00 Close Up 2.10 The Two Ronnies 3.00 Close
TCM
1.00 She's Back on Broadway U (1953) 3.00 Charro PG (1969) 4.55 The Time Machine PG (1960) 6.55 Bombers B-52 U (1957) 9.00 Gods and Generals 12 (2003) 1.40 Superfly 18 (1972) 3.20 Trog 15 (1971) 5.00 She's Back on Broadway U (1953)
The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.00 Goya's Ghosts 15 (2006) 8.00 The Good German 15 (2006) 10.00 Phenomenon PG (1996) 12.15 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 2.00 The Evening Star 15 (1996) With Shirley MacLaine. 4.15 The Illusionist PG (2006) With Edward Norton. 6.15 Wah-Wah 15 (2006) With Nicholas Hoult. 8.00 Jennifer Eight 15 (1992) With Andy Garcia. 10.10 Sleuth 15 (2007) With Michael Caine. 11.45 Black Snake Moan 15 (2006) With Samuel L Jackson. 1.45 The Grifters 18 (1990) With John Cusack. 3.45 35MM 4.15 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

6.45 Family Show 7.15 Romancing the Stone PG (1984) 9.15 Man of the Year 12 (2006) 11.15 Superhero Movie 12 (2008) With Drake Bell. 12.50 Superbad 15 (2007) With Jonah Hill. 2.50 Billy Madison PG (1995) With Adam Sandler. 4.25 The Heartbreak Kid 15 (2007) With Ben Stiller. 6.25 Superhero Movie 12 (2008) With Drake Bell. 8.00 Superbad 15 (2007) With Jonah Hill. 10.00 Billy Madison PG (1995) With Adam Sandler. 11.35 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.35 Romancing the Stone PG (1984) With Kathleen Turner. 3.30 Man of the Year 12 (2006) 5.30 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.05 Next of Kin 15 (1989) 7.55 Flyboys 12 (2006) 10.15 Final Analysis 15 (1992) 12.25 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 2.35 Next of Kin 15 (1989) With Patrick Swayze. 4.25 White Sands 15 (1992) With Willem Dafoe. 6.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 9.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 11.10 War 18 (2007) With Jet Li. 1.00 End of Days 18 (1999) With Arnold Schwarzenegger. 3.05 Death Sentence 18 (2007) 4.55 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Khan v Kotelnik Countdown 9.30 European Tour Weekly 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Khan v Kotelnik Countdown 7.30 Premier League World 8.00 Cricket: The Ashes 10.00 Khan v Kotelnik Countdown 10.30 Ashes Poker 12.00 Cricket: The Ashes 2.00 Khan v Kotelnik Countdown 2.30 Ashes Poker 4.00 Khan v Kotelnik Countdown 4.30 Football Asia 5.00 Premier League World 5.30 Khan v Kotelnik Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 Transworld Sport 9.00 Ocean Adventures 9.30 Total Rugby 10.00 Boots 'n' All 11.00 Transworld Sport 12.00 Khan v Kotelnik Countdown 1.00 Boots 'n' All 2.00 Powerboating 3.00 FIFA Futbol Mundial 3.30 Boots 'n' All 4.30 Khan v Kotelnik Countdown 5.00 NFL: Total Access 6.00 Live Speedway. The World Cup race-off. 9.00 Spirit of Yachting 9.30 Premier League World 10.00 NFL: Total Access 11.00 Speedway 2.00 Close

Sky Sports 3

9.00 Powerboating 10.00 Show Jumping 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Ocean Adventures 2.30 Carp Academy 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 IAAF Athletix Weekly 6.30 Race World 7.30 Live Rugby League. Whitehaven v Barrow Raiders (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Rugby League 2.30 Close

British Eurosport

7.30 Olympic Magazine 8.00 Cycling: Tour de France 9.00 Football 10.00 Powerboating 10.30 US Tour Golf 11.30 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage 12 from Tonnerre to Vittel. 5.15 Cycling 5.45 BMX Cycling 6.45 Triathlon 7.15 Triathlon 7.45 Cycling: Tour de France Flash 8.00 Women's Under-19 European Championship Football 9.30 Cycling: Tour de France 10.30 MotoGP 11.30 Cycling: Tour de France 12.30 Close

Sky Sports Xtra

1.00 Live Bowls. The World Matchplay Championship. 5.00 Ocean Adventures 5.30 Aerobics Oz Style 6.00 Live Bowls. The World Matchplay Championship. 7.30 Live Greyhound Racing. Coverage of a prestigious meeting. 10.00 Race World 11.00 Bowls 3.00 Ocean Adventures 3.30 Spirit of Yachting 4.00 Close

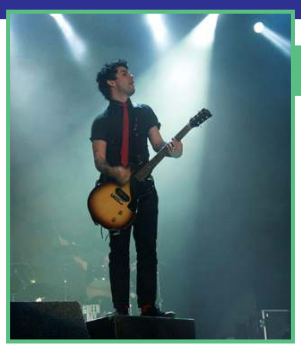
THE PORTUGAL News Established 1977
See page 2 for our exact print run this week. To advertise, call our Sales Manager on 707 500 677

PART OF THE PORTUGAL News GROUP Established 1977
Everything in English
WORLD TELECOM
707 500 600

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Basil's Game Show. (R) (T) 4.35 Hotel Trubble. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)
7.30 Air Medics. The pilots of the Great North Air Ambulance face the challenge of landing their helicopters on steep and rocky terrain when responding to an emergency in the Lake District, where an injured lone walker has been stranded for hours high on an isolated mountain. They are also called to assist in the rescue of two motocross bikers who have been hurt during an event in a remote part of the Pennines. Narrated by Paul McGann. Originally scheduled for Friday 26th June; (T) BBC News; Regional News. (T)
8.00 EastEnders. Stacey's obsession with Max's love life causes misery for Bianca and Whitney. Ian's plan for Bobby to win the talent contest is foiled, while Zainab is excited about Syed's wedding. (T)
8.30 As Seen on TV. New series. Host Steve Jones joins team captains Fern Britton and Jason Manford for a TV quiz, with guests Tina Hobley, Pauline Quirke, Lauren Laverne and Laurence Llewelyn-Bowen. (T)
9.00 Hotel Babylon. Emily organises a poker tournament, but is shocked to discover her estranged hotelier father is among the players. Their already strained relationship deteriorates further when she discovers he is trying to force Sam into selling Babylon to him. Tony swaps places with an American author who looks uncannily like him, while James, Gino and Ben's attempts to dupe a Greek heiress backfire. Christopher Cazenove, Frances Barber and Alex Zane guest star. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host talks to Bono and the Edge from U2, Hollywood actor Anjelica Huston and Australian superstar Dame Edna Everage. (T)
11.35 The National Lottery EuroMillions Draw. Cat Cubie presents the draw. (T)
11.40 FILM: The Getaway (1972). Crime thriller, starring Steve McQueen; (T) Weatherview. (T)
1.45 Sign Zone: Mary Portas: Save Our Shops. (R) (T) 2.45 Sign Zone: Celebrity MasterChef. (R) (T) 3.15 Sign Zone: Heir Hunters. (R) (T) 4.00 BBC News. (T)



Pick of the Day

T: Highlights (BBC2, 11.35pm)
With Blur, Kings of Leon, Snow Patrol and the Killers among the headline acts, T in the Park 2009 promises to be something special and could rival Glastonbury for NME's coveted title of festival of the year. For starters, it hardly ever rains in the middle of July (yes, even in Scotland) so, more often than not, festival-goers are swathed in sunshine as they watch their favourite turns. Kings of Leon are one of the biggest bands in the world and scooped two Brit Awards at this year's ceremony. That, coupled with a sell-out worldwide tour, has seen Caleb Followill and the boys become one of the hottest properties in music at the moment. Regulars on the British music festival scene, Kings of Leon will no-doubt be a sight and sound to behold this weekend. However, Blur will undoubtedly be the band to watch and, fresh from closing Glastonbury, will be eager to kick their comeback tour into overdrive. For those unlucky souls who failed to obtain a ticket, fear not, for Edith Bowman, Reggie Yates and Nick Grimshaw are fronting coverage of the three-day festival from Balado in Perth and Kinross. Matt Edmondson is also on hand with reports from across the site.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Fuse. Game show in which six contestants are challenged to take on "the Fuse" and quickly answer questions to prevent a fortune going up in smoke, before competing against one another to take the prize money home. Austin Healey hosts. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. The Bartons move into Butler's Farm, but are disturbed to find Andy on the premises. Viv eases herself back into her old life, while Mark is upset by Natasha's behaviour toward him. (T)
7.30 Coronation Street. After refusing to let Ashley into the house, Claire collapses in agony while alone with Freddie. Slug declares his intention to win back Becky, and Jack follows Connie home. (T)
8.00 Airline. Rowdy Newcastle passengers are offloaded at Belfast and two girls who missed their flight to Basel find only one of them has been booked in for the transfer from Luton. Purser Bob Brain joins a hen party travelling to Faro, but a couple in Bristol are not so lucky as they turn up late for their trip to Portugal. (R) (T)
8.30 Coronation Street. Ashley watches on as Claire is stretchered into an ambulance and rushed to hospital. Steve warns Slug off making more advances toward Becky, and Norris forces Ramsay to confess. (T)
9.00 Doc Martin. News of Martin and Louisa's engagement spreads rapidly through the village, and Aunt Joan is annoyed to hear about it from Dave rather than her nephew. Al steps in to help as Bert struggles to keep the restaurant afloat, while the doctor is puzzled when he learns Beth's knee replacement wound is failing to respond to the medication he prescribed. Comedy drama series, starring Martin Clunes. (R) (T)
10.00 News at Ten and Weather. (T)
10.25 London News and Weather. (T)
10.35 Mission to the Moon - News from 1969. Marking the 40th anniversary of the Apollo 11 moon mission, John Suchet reports on the day's news from 1969 and Peter Snow looks at the technology that made the trip possible. Continues tomorrow. (T)
10.45 FILM: The Gauntlet (1977). Action adventure, starring Clint Eastwood. (T)
12.45 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.40 FILM: The Children of Heaven (1997). Iranian comedy drama, starring Mir Farrokh Hashemian. (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. Blue things, Higgledy House and the Weather Song. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. The teams compete in a world of dinosaurs. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Maya & Miguel. (R) (T) 8.20 Thumb Wrestling Federation: TWF. (R) (T) 8.25 Do Something Different. (R) (T) 9.00 Live Golf: The Open Championship. The second day's play at Turnberry in South Ayrshire. (T) 8.00 BBC Proms 2009. New series. Coverage of the first night of the 115th season, live from London's Royal Albert Hall. Jiri Belohlavek conducts the BBC Symphony Orchestra, with soprano Ailish Tynan, mezzo-soprano Alison Coote, and pianists Stephen Hough and sisters Katia and Marielle Labeque featuring as soloists. Beginning with Stravinsky's Fireworks, Chabrier's Ode a la musique and Tchaikovsky's Piano Concerto No 3 in E flat, the evening continues with Poulenc's Concerto for two pianos after the first interval, followed by Elgar's In the South, Brahms' Alto Rhapsody and Bruckner's Psalm 150, which closes the proceedings. Clive Anderson and Suzy Klein present. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) **11.35 T: Highlights.** Performances by the Killers, Elbow, Razorlight and Lily Allen. (T) 1.35 The Wire. (R) (T) 2.35 The Wire. Brother Mouzone forms an alliance with Omar. (R) (T) 3.35 Close.

C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 9.05 Will & Grace. (R) (T) 9.35 Will & Grace. (R) (T) 10.05 The OC. The Cohens become Ryan's legal guardians. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 My Place in the Sun. (T) 1.00 Small Railway Journeys. (R) (T) 1.20 FILM: They Who Dare (1954). World War Two drama, starring Dirk Bogarde. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Farrah's Story. Intimate film recorded by the late Farrah Fawcett, her family and friends, showing the Charlie's Angels star's fight against the cancer that finally claimed her life on June 25. Part of the First Cut documentary strand. (T) 9.00 Big Brother. In a special episode celebrating the reality show's 10th series, Davina McCall announces the name of the next evictee and reveals a host of extravagant surprises. (T) 10.00 8 Out of 10 Cats. With Patrick Kielty, Rhod Gilbert and Shappi Khorsandi. (T) 10.35 Big Brother. (T) 11.05 The Simpsons. (R) (T) 11.35 Russell Brand's Ponderland. (R) (T) 12.10 4Music: Album Chart Show. (R) (T) 12.40 4Music: Dinosaur Pile-Up. (T) 12.55 4Music: 4Play: Buraka Som Sistema. (T) 1.10 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Beach Volleyball. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Mio Mao. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Flower Girl (2009). Premiere. Romantic drama, starring Marla Sokoloff and Ardy Fatehi. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Rough Guide to Island Retreats. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents action from day two of the Second Test at Lord's, where England had not beaten the Aussies since 1934; (T) 7.15 Five News Update. (T) 8.00 Air Force Afghanistan. Sgt Jones travels home to meet his new-born daughter. Last in the series; (T) 8.00 Five News at 9. 9.00 NCIS. McGee's sister believes she has killed someone. (R) (T) 10.00 Law & Order: Criminal Intent. A former child star is found dead. (T) 11.00 CSI: Miami. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1830 2ºs Jogos da Lusofonia 2009: Futsal 2000 News 2100 Antes Pelo Contrário 2115 Jogo Duplo 2215 Conta-me Como Foi 2315 The Lake House, film 0115 Cold Case, series 0345 Amor e Intrigas 0445 Telesales
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Brothers and Sisters, series 2330 Diga Lá Excelência 0030 5 Para a Meia-Noite 0115 Palcos 0315 Iniciativa 0400 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Camilo, o Presidente 2315 Caminho das Índias 0030 CSI: Las Vegas, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series
<channelvsm>TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Deixa Que Te Leve 2300 Flor do Mar 2345 Sentimentos 0045 Congo, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.05 Doctor Who: Top 5 Christmas Moments 8.15 Doctor Who 9.00 Torchwood - Children of Earth 10.00 EastEnders 10.30 My Weapon Is a Dog 11.30 Family Guy 11.55 Family Guy 12.15 Snog, Marry, Avoid? 12.45 Snog, Marry, Avoid? 1.15 Torchwood - Children of Earth 2.15 Being Human 3.15 My Weapon Is a Dog 4.15 Snog, Marry, Avoid? 4.45 Snog, Marry, Avoid? 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of England's Green and Pleasant Land 8.00 Dorset Days - A Year in the Life of Longhorn Jim 9.00 Glastonbury Sessions: Bruce Springsteen and the E-Street Band 10.00 Sight & Sound in Concert: Gary Moore 10.30 Guitar Heroes at the BBC 11.30 Flight of the Conchords 12.00 The Chaser's War on Everything 12.30 Guitar Heroes at the BBC 1.30 Sight & Sound in Concert: Gary Moore 2.00 Glastonbury Sessions: Bruce Springsteen and the E-Street Band 3.00 Guitar Heroes at the BBC 4.00 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 iTunes Festival 2009 9.00 America's Got Talent 10.00 Film: Shaun of the Dead 15 (2004) 12.05 Coronation Street 12.40 Coronation Street 1.10 iTunes Festival 2009 2.05 America's Got Talent 2.55 Teleshopping 5.55 ITV2 Nightscreen
Sky1
1.00 Top Design 2.00 Lost 3.50 Bite Size Brainiac 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 Film: Liar, Liar 12 (1997) 10.40 Road Wars 11.40 Road Wars 12.40 Ross Kemp on Gangs 1.40 Road Wars 2.35 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 The Likely Lads 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 One Foot in the Grave 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 One Foot in the Grave 9.00 Only Fools and Horses 10.05 Jonathan Creek 11.10 The Likely Lads 11.50 Porridge 12.30 The New Statesman 1.05 The New Statesman 1.40 The New Statesman 2.10 The Two Ronnies 3.00 Close
TCM
1.00 Hooper PG (1978) 3.00 Bronco Billy PG (1980) 5.15 Off Set 6.05 Classic Shorts 2008 6.25 Marriage on the Rocks PG (1965) 8.30 The Screening Room 9.00 Tin Cup 15 (1996) 11.40 Running on Empty 15 (1988) 1.55 Tin Cup 15 (1996) 4.05 Off Set 5.00 Hooper PG (1978)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: High School Musical U (2006) Comedy musical, starring Zac Efron and Vanessa Hudgens. 10.00 Film: High School Musical U (2006) Comedy musical, starring Zac Efron and Vanessa Hudgens.

MOVIES

Sky Movies Drama

6.00 What Dreams May Come 15 (1998) 8.00 The Movie Geek 8.30 One True Thing 15 (1998) 10.45 The Last of the Mohicans 15 (1992) 12.45 Footloose 15 (1984) With Kevin Bacon. 2.45 Beaches 15 (1988) With Bette Midler. 5.00 The Movie Geek 5.30 Chaplin 15 (1992) With Robert Downey Jr. 8.00 We Own the Night 15 (2007) With Joaquin Phoenix. 10.00 The Siege 15 (1998) With Denzel Washington. 12.00 Body of Evidence 18 (1992) With Madonna. 1.45 Titus 18 (1999) With Anthony Hopkins. 4.30 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

7.10 Family Show 7.40 Bachelor Party 2: The Last Temptation 15 (2008) 9.30 Wild Hogs 12 (2007) 11.20 The Great Outdoors PG (1988) With Dan Aykroyd. 1.05 Mr Woodcock 12 (2007) With Billy Bob Thornton. 2.40 First Sunday 12 (2008) With Ice Cube. 4.25 Wild Hogs 12 (2007) With John Travolta. 6.15 The Great Outdoors PG (1988) With Dan Aykroyd. 8.00 American Pie 15 (1999) With Jason Biggs. 9.45 Mr Woodcock 12 (2007) With Billy Bob Thornton. 11.20 First Sunday 12 (2008) With Ice Cube. 1.00 American Pie 15 (1999) With Jason Biggs. 2.40 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 4.30 Continental Divide PG (1981)

Sky Movies Action/Thriller

6.30 Airport 1975 PG (1974) 8.25 The Top 10 Show 8.45 The Temp 15 (1993) 10.30 Spider-Man 3 12 (2007) 12.55 Mr Nice Guy 15 (1997) With Jackie Chan. 2.35 The Kingdom 15 (2007) With Jamie Foxx. 4.35 Jaws 2 PG (1978) With Roy Scheider. 6.35 Spider-Man 3 12 (2007) With Tobey Maguire. 9.00 The Kingdom 15 (2007) With Jamie Foxx. 10.55 Marked for Death 18 (1990) With Steven Seagal. 12.35 The Krays 18 (1990) With Gary Kemp. 2.40 Airport 1975 PG (1974) With Charlton Heston. 4.30 Jaws 2 PG (1978)

The cost of a bean is all it takes to talk to one of our readers

HOW?
call our Sales Manager on 707 500 677

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Khan v Kotelnik Countdown 9.30 Premier League World 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Khan v Kotelnik Countdown 7.30 World Sport 8.00 Cricket: The Ashes 10.00 Live Friday Fight Night. Top bouts. 12.00 Khan v Kotelnik Countdown 12.30 Cricket: The Ashes 2.30 Test Cricket 3.30 Friday Fight Night 5.30 Khan v Kotelnik Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Cricket: The Ashes 9.00 Speedway 12.00 Khan v Kotelnik Countdown 12.30 Race World 1.30 Speedway 4.30 Khan v Kotelnik Countdown 5.00 NFL: Total Access 6.00 Ocean Adventures 6.30 Tight Lines 7.30 Live Super League. St Helens v Wakefield Trinity Wildcats (Kick-off 8.00pm). 10.00 Ashes Poker 11.30 NFL: Total Access 12.30 Super League 2.30 Ashes Poker 4.00 Super League

Sky Sports 3

7.00 WWE: Raw 9.00 Rugby League 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Rugby League 2.00 Ocean Adventures 2.30 IAAF Athletix Weekly 3.00 Premier League World 3.30 Spirit of Yachting 4.00 WWE: Raw 6.00 Live Rugby Union. Sharks v Boland Kavaliers (Kick-off 6.00pm). 8.00 Women's Pool 9.00 NFL: Total Access 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Women's Pool 2.00 Rugby Union 4.00 Race World 5.00 Ocean Adventures 5.30 World Sport

British Eurosport

7.30 Inside WTCC 8.00 Cycling: Tour de France 9.00 Live Diving. The World Aquatic Championships from Rome in Italy. 12.00 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage 13 from Vittel to Colmar. 5.00 Live Diving. The World Aquatic Championships. 6.00 Diving 7.00 Cycling: Tour de France Flash 7.15 Strongest Man 8.15 Diving 9.00 Cycling: Tour de France 10.00 MotoGP 11.30 Cycling: Tour de France 12.35 Close

Sky Sports Xtra

1.00 Women's Pool 2.00 Live Bowls. The semi-finals of the World Matchplay Championship. 6.00 Aerobics Oz Style 6.30 World Sport 7.00 Live Bowls. The final of the World Matchplay Championship. 9.30 World Sport 10.00 Rugby Union 12.00 Tight Lines 1.00 Bowls 3.30 World Sport 4.00 Women's Pool 5.00 Tight Lines

The Portugal News Established 1977

See page 2 for our exact print run this week.
To advertise, call our Sales Manager on 707 500 677

Directory Enquiries in English and so much more

from fixed phones, call boxes, mobiles and mobiles on roaming

Monday to Friday 09:30 - 18:00

calls from fixed phones
60 cents per enquiry
calls from mobiles
60 cents per minute

It's so easy to find a number
National & International
Business & Private

directory enquiries in English
760 50 60 70

Part of The Portugal News Group Established 1977

Advertising & Publicity

Looking for the best local restaurants & bars to visit?
Next time you're on-line check out
GoodMorningAlgarve.com
Showing all the best places to eat & drink, with detailed menus, prices and maps.
Don't Forget!
GoodMorningAlgarve.com

Use this gifts to increase your sales!

Inácio Alves Editor • Marketing Publicidade & Seviços

Always have offers, to give "away" to your clients!

Rates include printing colour transfer 10 x 6 cms - 1 side 1 color

white T-shirt 140 grs	white T-shirt 160 grs	Color T-shirt 165 grs
50 x 2,40 €	50 x 2,80 €	50 x 3,20 €
100 x 1,90 €	100 x 2,20 €	100 x 2,80 €
250 x 1,80 €	250 x 2,10 €	250 x 2,50 €
500 x 1,70 €	500 x 2,00 €	500 x 2,20 €
1000 x 1,60 €	1000 x 1,90 €	1000 x 2,00 €

Promotion this month

1,50 € x 100

white T-shirt lady 160 grs nick	color T-shirt lady 160 grs nick
50 x 3,00 €	50 x 3,80 €
100 x 2,50 €	100 x 3,50 €
250 x 2,30 €	250 x 3,30 €
500 x 2,20 €	500 x 3,20 €
1000 x 2,00 €	1000 x 3,00 €

Pens from 0,20 € x 1000

and more other gifts!

For more information or ideas for other articles, contact us!
This prices includes the printing 1 side/1 color Add postage and 20% VAT
Sales Conditions: 50% with the order + 50% layout approval
www.amelhoropcao.com / www.inalves.com
Contact: 289 721050 - 968 639468 / inalves@mail.telepac.pt • OLHÃO

Alarms

Response Alarms

Home Security Systems

- CCTV
- Wired / Wireless Systems
- Maintenance & Service
- No contract required

WIREFREE MULTI ZONE SYSTEM INCLUDING AUTODIALLER ONLY €495

Call us now for more details - Security made simple
VISA 918 987 093 MasterCard
email: paul-responsealarms@hotmail.com

Books

ALGARVE BOOK CELLAR

Edifício "O Galeão" Loja 1
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA

Temporary Tel. nº 282 354 310

English Language Book Exchange
Refunds on return
New books to order
Audio Books
C.D.'s Cards
Videos

Tue - Fri 9.30 - 5.00 Sat: 9.30am - 2.00pm
raymond.compton@netvisao.pt

The Portugal News Established 1977

See page 2 for our exact print run this week.

Blinds

M2M BLINDS
see how we measure up

- Made to measure Vertical & Roller blind specialist
- All other types of window blind available
- Choose from our extensive range of fabrics including Solar reflective & Black out
- Covering the whole of the Algarve, and Portugal
- Free measuring & fitting
- Domestic & commercial applications
- All products carry a 12 month guarantee

M2M BLINDS – We come to you
Phone now for a free no obligation quotation
Contact Denny on 286 518 059 or 932 894 709
www.m2mblinds.com m2mblinds@hotmail.com

Bureaucracy

For Tax Assistance and Fiscal Representation Contact the Specialists:
Sovereign – Consultoria Lda
+351 282 340 480
port@SovereignGroup.com
www.SovereignGroup.com/Portugal
SOVEREIGN

Tired of paperwork?
JST deals with it for you

We take care of...
Vehicle legalization • Road taxes (Imposto Único de circulação) • Tax office bureaucracy
Driving licence (renewal, change of address, category...) • Residency applications
House renting • Finding temporary accommodation (house or apartment)
Water, electricity and telephone contracts • Vehicle registration (Documento Único)

JST Saving your time and solving your problems!
Sítio da Coutada, Edifício Moagem - Loja A, 8900-027 Vila Nova de Cacela. Nr. Tavira
T: 281 951 108 • Tlm: 962 831 105 • email: jst.doc@sapo.pt

Butchers

THE ENGLISH BUTCHER

- English Sausages
- Bacon & cuts of meat
- Other South African Products
- T-Bones
- South African Sausages (wors)
- Ham off the bone

THE ENGLISH BUTCHER
Rua da Rep´blica, 14
8135 ALMANCIL
Tel: 289 395 859
Res: 289 397 289
Mob: 965 864 682

Computers & Office Supplies

FULL REPAIR & SERVICING CENTRE
ACCESS TO OUR NETWORK OF FIELD ENGINEERS
100'S OF GENUINE ENGLISH LAPTOPS & DESKTOPS
CONVERT PORTUGUESE SYSTEMS INTO ENGLISH
FREE INTERNATIONAL PHONECALLS
1 MINUTE FROM AQUALAND ON THE EN125
282312044 & 913087160
ALGARVE LAPTOPS
SUPPORT@ALGARVELAPTOPS.COM
SALES@ALGARVELAPTOPS.COM

Algarve Computer Solutions
The Personal Touch
English desktops & laptops - supplied direct to your door
Repairs, upgrades & installations - carried out at your home
Free International calls - set up on your computer or phone
Whatever your requirements we are here to make life simple
282 471 148 - 962 598 966
WWW.ALGARVECOMPUTERSOLUTIONS.COM

Carpentry

THE WOODENTOPS
CARPENTRY WORKSHOP

30 Years + Experience in the Algarve
Our qualified joiners and cabinet makers provide a bespoke service making anythin in wood

Furniture Restoration • Custom Made Kitchens
• Display Units & Shelving
All Bedroom Furniture • Tables for all occasions
• Wooden Houses • Windows & Doors
• Pergolas & Decking • Wooden Kennels

• Building Services • New Builds & Restorations
• Maintenance & Repairs • Electrica & Plumbing

Tel: 289 396 909 / Mobile: 966 001 922
Vale Formoso, Almancil Email: theworkshop@sapo.pt

Education

Centro de Línguas de Lagos

- Learn Portuguese in small, friendly groups.
- Intensive beginners course: 20 to 31 July.
- Individual lessons and evening classes available.
- Efficient translation service.
- Recognised by the Ministry of Education.

Tel: (+351) 282 761 070 | Fax: (+351) 282 761 070
email: info@centrodelinguas.com | www.centrodelinguas.com
Rua Dr Joaquim Tello, nº 32, 1º esq, 8600-583 Lagos

CLCC CENTRE FOR LANGUAGES, CULTURE AND COMMUNICATION

LEARN Portuguese and get connected

Intensive courses (3 weeks)
Beginners courses (32 hours)
Intermediate courses (32 hours)
Conversation courses (year-long)

recognised by: Ministério da Educação DGERT BRITISH COUNCIL

Portimão - Jardim Gil Eanes - Tel: 282 430 250 internet: www.clcc.pt e-mail: geral@clcc.pt

Flyscreens & Mosquito Canopies

10% discount on all plana flyscreens purchased in June

FLYSCREEN RANGE

- Many Different Flyscreen Types
- Vertical and Horizontal Operation
- Flat and Pleated Screens
- Many Colours of Aluminium to Choose From
- Choose at Home ♦ We Come to You
- 12 Months Guarantee
- Phone Now for a Free No Obligation Quotation

M2M BLINDS
Contact Denny on 286 518 059 or 932 894 709 or visit www.m2mblinds.com or e-mail m2mblinds@hotmail.com

Fashions

Fi-Line Fashions

NEW SPRING STOCK NOW IN!

Sizes 12 - 22 available

Open Monday to Friday 10am to 1pm and 3pm to 6pm, Saturday 10am to 1pm. Call Fiona for more information on 282 312 936. Located on Av do Rio, Ed. Almadraba, Loja B, Armação de Pêra (Opposite the football ground)

www.luzworld.com Luz World

Quality European Menswear

A fine selection of Shirts, Knitwear and Trousers from some of Europe's leading manufacturers.

Big & Tall sizes available

Open 7 days until late

Centro Commercial Isla Canela • Ayamonte

Tel +34 959 479 259 • +34 661 654 883

Furnishings

English Beds in the Algarve

Need a good night's sleep?

STYLE FURNISHINGS

Monday - Friday 10.30am - 5pm

Sat 10.30am - 2pm

Tel/Fax: 282 322291

Website: www.stylefurnishings.com

A22 motorway — Junction 7

Portimão — Lagoa — Porches — EN125 — Style Furnishings — 1km — Aqualand Water Park — Alcantarilha

Gardening

HARVEYS OF LOULÉ

Garden Construction • Garden & Pool Maintenance • Home Renovations • Repairs & Painting • Villa Maintenance & Cleaning Service

Apt 3, Loulé 8100 - 606

Tel: 289 412 462 Fax: 289 422 322

Mob: 916 048 671 email: harvcor@sapo.pt

Health & Beauty

CLÍNICA DENTÁRIA

Drª Cristina Fernandes

Médica- Dentista - U.P.

HEALOZONE

The new method to heal your tooth decay

Dental Surgeon

English Spoken

R. João Menezes Nº8 R/C near the old slaughterhouse 8400 Lagoa

Tel: 282 34 29 20

The Portugal News Established 1977

We're in the business of keeping YOU in business

To advertise, call our Sales Manager on 707 500 677

Din Fisio

WITH US YOU ARE IN GOOD HANDS

• Physiotherapy
• Massage
• Pilates

Tavagueira • Guia

www.dinfisio.com

Tine Brink Johansen

TLM, 969 950 031

Algoz — N125 — N125 Roundabout Guia — Guia — Clinica DIn Fisio — Rest Martinho — Galé — Seg. Açoreana — Páteo — Rest. Chalé — Albufeira — Golfinhos Roundabout

Heating & Cooling

DOMUS

ELECTRIC FLOOR HEATING

The CHEAPEST way to heat your house

NO gas, NO oil, NO maintenance

www.domus-heating.com

EN-125 Sítio Benfarras, Nº 552-a Boliqueime

Tel: 289 322 852 • mail domusheating@mac.com

SACL

Air conditioning & heating units

Central Heating

Swimming pool heating

Automatic pool covers

Solar hot water heating systems

Dehumidifiers

Jacuzzis

Vale de Lousas • EN 125 • Alcantarilha

Tel 282 314190 /322 172 • Fax 282 314 191

email: sacl@mail.telepac.pt

MC Mister Cool

Keep cool with Mister Cool this summer

- Air conditioning
- Refrigeration
- Solar panels
- Maintenance
- Pool construction, heating & covers
- Automatic pool covers
- Central vacuuming

Air conditioning by: FUJITSU GENERAL DAIKIN

Solar panels Megasun & Solarhart

• Pool Heaters
• Heat Siphon
• Air Energy

Open Saturday morning

Rua Mouzinho de Albuquerque - Lagoa Residence 2 - Loja 3

8400 LAGOA - Algarve * Tel./Fax 282 381 364

Email: mistercool_telmorodrigues@hotmail.com

Telmo Rodrigues

Mobile: 917 175 818

Fires Of Portugal

Woodburning

Chimney Sweeping across the Algarve from 45€

Geoff Waller's on site advice and quotation.

Small building works, servicing and repairs.

Reconditioned fires.

Importers of the best in woodburning.

TEL. 289 489 958 • MOBILE: 967 721 209

carolinsalir@mail.telepac.pt

Villager Aarrow fogo montanha

Barlavento Refrigeration

Air Conditioning: Sharp - LG - Daikin

Pool Heating: Calorex - Air Energy

Solar Hot Water

Heat-Pump Central Heating

FREE Quotations

Service & Repairs All makes - guaranteed

Tel: 917 230 727 email: paulkent.aircon@hotmail.com

Lawyers

Ana Luisa Duarte

ADVOGADA

LAWYER

RECHTSANWALT

Rua Francisco Xavier Ataíde de Oliveira, 33-A

8600-775 Lagos - Portugal

Tel. +351 282 792 766 - Fax. +351 282 764 002

E-mail: anaduarteadv@hotmail.com

The 6th largest weekly newspaper in Portugal, in ANY language!

www.the-news.net

The Portugal News Established 1977

Pools

POOL HEATING

Air Energy Heaters - The leader in economical pool heating

- Digital Control
- Titanium Heat Exchanger
- High Performance - low power consumption
- Est. Over 20 years

SAFETY FENCING - KEEP KIDS SAFE

- Can be completely removed or replaced within 2 mins.
- Helps prevent debris from reaching the pool
- Weather resistant • Professionally installed
- Easy for Adults - Safe for Kids
- Your child is safe even while you swim
- Developed over 30 years ago
- 99% transparent 'Securtex' mesh

PURE POOLS

PURE POOLS PISCINAS PURAS LDA

Tel: 282 760 033 • 919 517 868 • Fax 282 760 034

purepools@yahoo.com • www.purepools.com

Pools

Chlorine Free Eco-Friendly Swimming Pool Treatment

100% CHLORINE FREE

PooLSan

✓ Non toxic when ingested in swimming pool water
✓ Promotes softer, sparkling blue, crystal clear water
✓ Odourless - no more chlorine smells or residues
✓ Hypo-allergenic - does not cause eye or skin irritations, ear infections or asthma attacks
✓ Lasts up to three times longer than Chlorine

HOME

Estr. Nacional 125 • Sítio do Carmo 8400-405 • Lagoa
Tel: 282 353 022 • Fax: 282 353 934
comercial@home-pt.com

Poolsafe.eu
Be ready for the new regulations... coming soon to a Camara near you!
Is Your pool childsafe for 2009 ?
Roller covers: Fences -aluminium, steel or frameless glass Gates, Nets. NOW is the time to secure your pool areas.
Please call us for a free onsite analysis of your safety requirements. Villas, condos, hotels and developments.
We can also fit approved childproof latches to existing gates.
Office: Galé Beach Albufeira, Tel 289 591 662, e-m info@poolsafe.eu

To advertise, call our Sales Manager on 707 500 677

Your Own Water Paradise...
Fernando M. Lourenço
Swimming pools • Spas
Saunas • Maintenance
Solar systems • Heat pumps
Irrigation • Plumbing
Pumps
Parque Empresarial do Algarve, Lote 11R/C
Cx Postal Nº440 - 8400-431 Lagoa
Tel/Fax 282 353 543 Mobile: 917 812 448
Email: fml.lda@sapo.pt

AQUA PURA LDA SINCE 1989
POOL COVERS
Now Available:
D:I:Y Solar covers
Tel: 282 763 605
Tlm: 967 025 157
Eastern Algarve
967 465 305
info@aquapura.com.pt
www.aquapura.com.pt

POOL SAFETY FENCING
IS YOUR POOL CHILD SAFE?
FAMILY SAFETY FIRST
We fit composite fibreglass posts that will not bend or corrode like aluminium posts.
These have a LIFETIME WARRANTY.
Act now to comply with the new regulations soon to be introduced in Portugal.
poolfencing@aol.com
Tel: 919 892 518 or 910 666 613

Painting & Decorating

Livingston's Painting
Interior & Exterior
Highest Quality & Standards
LIVINGSTON'S
Call Shanny: 917 511 550
livingstonspainting@clix.pt

TOFTS
Paul Tofts
Decorating & Painting
Mob: 918 938 004
After 6pm Tel: 289 399 370

James Walker
Professional Painting & Decorating
No job too small
Mbl: 967944660
walkers@sapo.pt

The 6th largest weekly newspaper in Portugal, in ANY language!
THE PORTUGAL NEWS Established 1977
www.the-news.net

Property Services

NEW SHOP Ecossistemas Garden Centre
ODEXLAR Founded in 1978
Chemical Products
Hygiene - Industrial Cleaning
Hotel & Restaurant Industry
Hospitals, Schools & Retirement homes
Swimming pools & water treatment
Professionals in cleaning products, hygiene and pool chemicals
Odex Pool - Agents: DELSA | P.Q.S. | OXIDAM | ASTRAL | CTX
Odexlar Lda
Zona Industrial do Chinicato, Lote 4 - 8600-306 Lagos
Tel: 282 798 463 / 919 845 659 / 961 345 276 Fax: 282 799 030
Email: odexlar@mail.telepac.pt Web: www.odexlar.com

ChemDry Drier. Cleaner. Healthier.™
289 092 624 / 910 690 966
info@chemdryalgarve.com
www.chemdryportugal.com

Dirty Sofas? Carpets?
ChemDry is a professional cleaning service, using an exclusive process to clean deeply, revitalising textile fibres and prolonging their lifespan, keeping them clean for longer.
TREATMENTS:
• Waterproof
• Anti dust mite
• Anti allergic
10% DISCOUNT ON SOFAS
PROFESSIONAL CLEANING:
• Carpets • Rugs • Sofas
• Quick Drying (1-2 hours)

To advertise, call our Sales Manager on 707 500 677

Blocked Drains? Call: ANDY
DK
• Personal
• Professional
• Guaranteed Service at all times
GUARANTEED 24 HOUR SERVICE
drainking8@aol.com
DRAIN KING ESGOTO-REI
Tel/Fax: 282 471 335 | Mobile 918 647 305

Rococco Stone
Ceramic & Natural Stone Tiles
Stone and Ceramic Sanitary ware
Rua Direita, Praia da Luz, Lagos
Opening Hours:
10am – 6pm Mon- 3ri (lunch 1-2)
10am – 12pm Saturday
Tel: +351 282764035
Rococcostone@msn.com
www.rococcostone.com

Villa Gates
Ornate & contempory gates.
Lots of designs. Made to order.
Why not see if I can make your old gate look good.
Very reasonable prices. Call Andy for free quote 309 403 075 • 912 642 477

GFS Metalworks
Gates Grills Railings
• Specialists in Secure Ornamental Metalworks
• All general steel fabrication
• For a Free Quote, Design Service
Call Andrew 933 555 387
Office: 282 449 270
www.gfs-metalworks.com
info@gfs-metalworks.com

Your professional drain cleaner best results
PROFILIMPO
Root removal, power jet cleaning, camera inspection, electronic blockage detection
Tel. 914 145 117 - Thomas Grünberg

Water Problems?
AWT
• Drinking water systems
• Water softeners and pumps
• Swimming pool technologies, including fresh water pools based on oxygen
• Boreholes - test purity of borehole water
• Disinfection systems, iron and manganese removal.
289 842 288 / 965 805 032 • admin@awtalgarve.com • www.awtalgarve.com
AWT Lda eight years in the Algarve

Norman Groundworks

For garden planning and construction.

Construction of terraces, patios, paths, driveways, access roads, pergolas, shade areas, ponds, lakes, water features, installation of hedging, fencing, land cleared. For quotation call Norman now on 282 332 899 or 963 134 129

ngw1@clix.pt

REMOVALS & STORAGE

* Local, National & European Removals
* Scheduled Route - Portugal-UK-Portugal
* International Shipping
* Storage * Packing
* Long established & professional service

New Concept International
Armazem 3, Sitio do Além, Almancil.
Tel.: (00351) 289 395 105
UK: 08 450 046 827 Mobile: 968 031 955
Email: d.wright@mail.telepac.pt www.newconceptint.com

SERVICES OFFERED

Parties for adults and children, entertainers, weddings, corporate events.

However large or small, we can make your event a great success, and keep to your budget

STANDING OVATION

Call 914 599 933

Entertainment:
www.standingovationalgarve.com

Weddings:
www.algarveblessings.com

Stone Care Services

CSS

Specialists in the Refurbishment and Maintenance of Natural Stone

	TERRAZZO	◆ Entrance Halls
MARBLE	TERRACOTTA	◆ Kitchens - Floors & Surfaces
LIMESTONE	CERAMICS	◆ Vanity & Work Tops
GRANITE	QUARRY TILES	◆ Bathrooms
		◆ Pool Surrounds & Patios

Have your shiny stone surfaces become dull and lacklustre? Let us restore them to reflect their true colour and natural beauty.

282 991 045 • 919 498 258 • www.stonecare-services.com

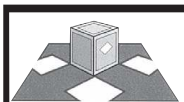
AIM

Removals & Storage

On-site secure storage
Local, National, UK and European removals
International shipping • Professional packing service
Call into our office or visit us at www.aim.com.pt

Parque Ind. do Infante • Unit 8 • EN 125 • Torre • Odiaxere
Tel: 282 799 141 • Fax: 282 799 146
Email: info@aim.com.pt

REMOVALS&STORAGE



NEIL & EMILY RICHARDSON

Removals & Transport * Packing Service & Storage * Local, National & U.K. * With 20 years experience
We offer the Personal Touch

Members of British Portuguese Chamber of Commerce

Mob: 939 486 870, 939 486 807, Tel: 281 963 191
neilandem@sapo.pt • www.ne-internationalremovals.com
UK office: 0044 (0) 1268 523 029

SATELLITE TV

Skynet

TELECOMMUNICATIONS & AUDIO

" The Latest Equipment at the Best Prices "

All Satellites TV (English, German, Spanish, Dutch, French, Italian, Arabic, Russian TV...)
Digiboxes (SD, Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
MultiCards & Much more
All BBC & ITV + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
Get 350 TV channels & 200 Radio stations FREE
Terrestrial Digital (Portuguese channels) FREE
Cable TV (Movies + Sports + Knowledge + Kids + News + Series + Adult + Video on Demand)
VCR, DVD HD, Internet (Broadband)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics
High-quality systems installed by qualified engineers
Installations and technical support within 24hrs
(a 3-Year Guarantee)

Tel: 964890260 Email: skynet@live.com.pt

Portugal at your fingertips!

Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal.

Portugal-info is all about business. If you need more, you need to be included in the network.

Portugal-info informing the world about Portugal

Find out how little it costs to buy so much exposure:
info@portugal-info.net
or 282 423 770
Also see details by visiting
www.algarve.ws

UK • BENELUX • FRANCE

SA REMOVALS

- Removals to and from all Europe
- Packing Service available
- Storage
- Free estimates
- For more information, please call 00 351 965 653 025 (Mr Curado) or

email: mudatudo@iol.pt • www.removalstoportugal.com

To advertise, call our Sales Manager on 707 500 677

Sky Realm

In association with SKYVIEW

Portugals Official Sky installers!

DON'T LOSE YOUR VIEWING AT NIGHT!

PLEASE NOTE GENUINE Freesat & SKY equipment

freesat

BBC 4hd itv hd

Sky Plus & Sky HD upgrades

* Our engineers are Sky UK trained *
We correct ALL problems on other companies work!
ALL AREAS COVERED

Algarve 918 887 775
Silver Coast 918 262 108
Email: skyrealm@hotmail.co.uk

U-STORE SELF STORAGE

* Individual locked units
* Daily access
* Dry and Clean
* For homes & business

* Also storage for cars & caravans etc.

Urb. Industrial Marateca, lote 26 - Chinicato - 8600 LAGOS
Tel / Fax: 282 798 490 - Telem: 917 010 365
www.u-store-portugal.com • info@u-store-portugal.com

PVC Directo

Assembly of Doors and Windows in PVC/Aluminum, Shutters, Mosquito nets, Blinds, Electric blinds, Conservatories.

We double the glazing – Not the price

Tel: 916 184 148 / 969 410 952 • Fax: 282 380 308
pvcdirecto@gmail.com

Weekly removals service to and from the UK, Algarve & Ireland

With full packing & storage facility in the UK & Algarve, from 1 box to full or part load shipments. Transportation of cars, boats & motorbikes. Local removals and deliveries within the Algarve. Guarantee your peace of mind & safety of goods

algarve REMOVALS MSD INTERNATIONAL

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ
UK - Tel: 0044 (0) 1245 468888 • Mob: 0044 (0) 7711 179842
Algarve: Tel: 289 513 851 • Mob: 969 134 801
Email: sales@algarveremovals.com
Web: www.algarveremovals.com

To advertise, call our Sales Manager on 707 500 677

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holy day at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, SÃO PEDRO DO ESTORIL Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. Tel 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213 931 130 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11:30am St Luke's, Monte de Palhagueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959. 9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302. 8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincents algarve.org

ALL SAINTS ANGLICAN CHURCH, AIGARVE – Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30 am Community Centre, Almancil (ASCA – Associção Social e Cultural de Almancil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, Griselda Neto on 966168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-D, Portimao) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/icf.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

THE EVANGELICAL BAPTIST CHURCH of Lagos: invite you join us in our English language Service at 6pm. every Sunday. Find us at :- Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golfinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE
Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA, LAGOS, Raising up a new generation according to EPH.4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking, Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

ALL NATIONS, Todas as Nações, All welcome, contempory worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Luke and Shelley 913362221

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279.

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@ riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

The Evangelical Baptist of Lagos would like to invite everyone to our Sunday Service on the 12th. July at 6pm. This will be a youth service, by a Street Ministrty team from Germany "all of whom can speak English. The Service will be in the English language. It should be a wonderful time of Praise and Worship, for further information or directions to find the Church building, please contact John Hill on 916503367 or Debbie Hill on 919473206

GPS

I recently helped out a friend by driving her two children to school every morning for two weeks. Her husband, who usually drops them off, was out of town and she needed to be at work early each day. Grandma came to stay with the kids while mom was at work but she did not drive. It was my pleasure to help provide rides to school each morning while other friends helped take the girls home each afternoon.

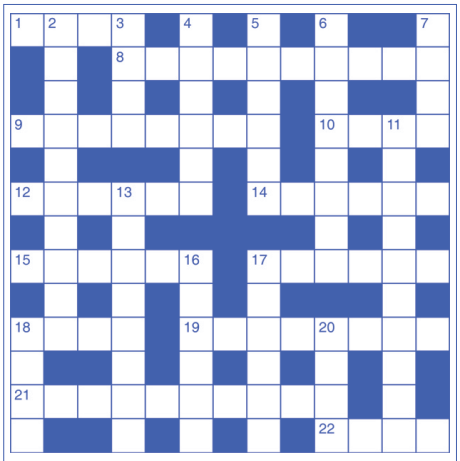
I had no problem finding my way to my friends' home each morning. They live only ten minutes from my own home and I have been there numerous times. However, I was somewhat unsure of the most direct route from their home to the school the girls attend. I had only ever driven there from my own home when the girls had stayed with me while both parents were out of town. I knew there had to be a closer and more direct way to school.

We laughed a lot together as I took wrong turns and as we saw more of Loures than they usually saw on their way to school. On some days we definitely took the "scenic route." At times I was so sure that I was going the right direction, only to find that I had missed a turn and once I even turned the wrong way on a one way street. Perhaps if someone had drawn me a map or if I had used a GPS, we would not have wasted so much time on the road.

Though we may think we know the way it is incredibly easy to get lost as we travel life's highway. The various intersections can be confusing. Like many of the smaller streets here in Portugal, the roads are not clearly marked and we are left to wonder where each turn may take us. How does one know which way to turn? God's Word and His Spirit is our map, our GPS. Our Heavenly Father wants to be our guide and He stands ready to lead those who seek His help and guidance.

"Your word is a lamp to guide my feet and a light for my path." Psalm 119:105

*More information about how to have a relationship with God can be found at *www.rbc.orgpersonal_relationship_with_god.page*



ACROSS
1. Pain (4)
8. Speed up (10)
9. And so on (2,6)
10. Virtuous (4)
12. Upright (6)
14. Stretch (6)
15. Pass away (6)
17. End (6)
18. Operatic song (4)
19. Rapturous (8)
21. Intentional (10)
22. Record (4)

DOWN
2. Director (10)
3. Comfort (4)
4. Stress (6)
5. Gratify (6)
6. Terrify (8)
7. Sell (4)
11. All-knowing (10)
13. Forcible (8)
16. Loophole (6)
17. Financial (6)
18. Military assistant (4)
20. So be it (4)

Crossword Nº. 249

Answers Crossword Nº 248

Across: 7 Relic; 8 Deflect; 9 Adverse; 10 Earns; 12 Protection; 15 Songsters 18 Sound; 19 Topical; 21 Corsair; 22 Adieu.

Down: 1 Broadcasts; 2 Alive; 3 Scar; 4 Advent; 5 Offences; 6 Terrain; 11 Santa Claus; 13 Residual; 14 Inquiry; 16 Return; 17 Acrid; 20 Peak.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	1				6		5	
3	2			8			7	1
		4				3		
8			4		1			
	3						8	
			8		2			9
		1				7		
7	4			5			6	3
	6		7				4	

Last weeks solution:

1	4	9	8	7	2	3	5	6
8	3	5	9	6	1	2	7	4
6	2	7	5	4	3	1	8	9
5	7	1	3	2	9	6	4	8
2	9	8	6	1	4	7	3	5
3	6	4	7	5	8	9	1	2
7	8	3	4	9	6	5	2	1
9	5	2	1	8	7	4	6	3
4	1	6	2	3	5	8	9	7

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

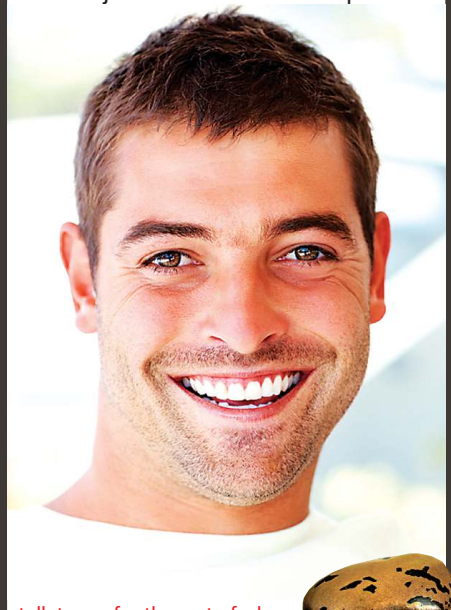
Reach 6 potential clients for just 1 cent*

(or for the cost of 6 beans)

I'm a company director

talk to me for the cost of a bean

I've just arrived at Faro Airport



talk to me for the cost of a bean

I'm Portuguese and I speak English

talk to me for the cost of a bean

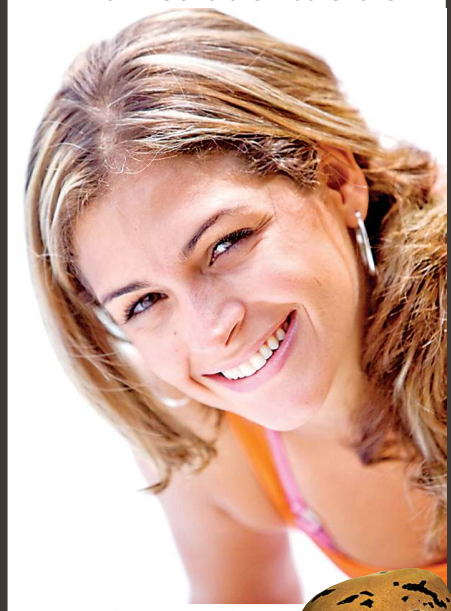
I retired at the age of 45

talk to me for the cost of a bean

I'm looking for a property

talk to me for the cost of a bean

I'm a wife and the mother of 3



talk to me for the cost of a bean

Advertise in *The Portugal News* and you will reach the right readers for the right price. *The Portugal News* reaches more people of diverse profiles and ages. Turn to page 2 and see our exact print run for this week, a figure you can trust because it is officialy and independently audited.

To reach 6 readers for just one cent, call our Sales Manager on 707 500 677

* Based on double directory colour = €80 per week
* Readership of at least 50,000 based on audited circulation of approx 20,000 x 2.5 (newspaper industry standard readership)

Readership profiles: Sourced from Annual Reader Survey 2008

THE PORTUGAL NEWS
Established 1977

Announcements

CASA-IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

www.BritishBikersPortugal.com

WORLD TELECOM Offer
UNLIMITED FREE
National & International telephone calls
707 500 600

ANTIQUES FRED PEETERS closed until the 27th August, please contact 969 095 329.

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!)Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

Bureaucracy

TRANSLATIONS PERSONAL / LEGAL. Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

Michelle's
For all your documentation needs!
Tel: 919 881 959
michellesassistance@gmail.com
www.michellesassistance.com

Business Opportunities

NEW HEALTH CLUB/RESTAURANT with pool, tennis. Well established. Guia/ Algoz area. For Sale. €475,000. Tel: 963 619 388. Only serious enquiries.

FOR SALE commercial freehold building centre of old Alvor comprising; large shop with 3 departments, two bathrooms, quintal steps leading upstairs to large new bathroom, two bedrooms, huge open BBQ area, top floor; extra large terrace with small utility room, newly fitted solar panel, ideal for business; shop, restaurant, snack bar with good sized living accommodation above. Fully licensed, smoke alarms, newly painted P.O.A. Please Tel 968 237 310.

Caravans & Mobile Homes

MOTOR HOME, Lunar Newstar, 4 berth, Fiat Ducato 244, gasoleo. Reg Oct 2004. Right hand drive. Portugal registered. Awning, cycle rack. Full service. 8,088 miles. €21,000ono. Tel: 282 352 348.

CARAVAN TO LET on Quinta near Tabua. SAT TV, electric & gas included. €75 per week Further details 238 692 024.

Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30–4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

PLACE AN ADVERT CALL OUR HOTLINE ON 707 500 646

APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

ALBUFEIRA ABA charity shop. An independent charity shop raising funds for neutering animals. Please help by donating items for sale in the shop, so that we can continue with this vital work. The shop is located on Avenida do Tenis, 41D, (next to Galeano Bar) on the road that leads to the Marina, for the dual carriageway, and is open Tuesday to Saturday 10.30am until 2pm.

Education

LEARN HOW to speak Portuguese, in a relaxed atmosphere. no fuss, no stress, and very affordable. Group lessons. You´re not alone, we have FUN. Centro Pacífico, next to KISS FM, Albufeira. Phone Isabel 914 662 955.

ART-CLASS. Almádena (near Luz).Nice mixed group, professional tutor, all levels. Starting materials available. Call 912 266 835.

BABEL
Consultoria • Línguas • Traduções • Interpretação
NEW COURSES STARTING
German, Spanish, French, English, Italian, Portuguese.
1, 3º D Alex Herculano Cascais
Tel. 214 831 991
Cont. nº 505 728 141

Entertainment

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun. Why not take a look at our website? www.thealgarveans.com. Want to be part of our group? Ring Nikki on 917 776 245 or email nikki.luz@hotmail.com

www.photographportugal.com
NEW CAMERA? GONE DIGITAL?
Whether beginner or more experienced our Algarve based one to one courses will help you create superb images. From just €80.
Call 963506249

"STRINGS & THINGS" Musical Instruments. Lowest prices. New & Second-hand. Trade-ins, repairs, rentals, www.stringsandthings.eu Tel: 289 356 441 or 919 968 768.

DAVID HAINES ARTIST
NEW GALLERY
D. Pedro 1º square LOULE
opp. Municipal Arte Gallery
Tel.: 968 290 627
www.wdjhainesartist.ifp3.com

AVAILABLE FOR: birthdays, weddings, christenings, bachelorette parties
contact me: 912 066 487
mariacareto@gmail.com
mjfunnyfaces.blogspot.com

MURALS AND HAND PAINTED FURNITURE.
From children's rooms to trompe l'oeil.
282 361 132
www.paulawattmurals.com
paula@paulawattmurals.com

Circo Pequeno
bouncy castles, clowns, jugglers, face painting, etc.
Tel: 916 622 976 or 917 038 555
tim@gomez.net

Add a photo for impact:
B & W, 4cm wide €10
Colour, 4cm wide €15
www.the-news.net

For Hire

LANGLEY
(HOG) Roasts
Catering in Hog Roasts or DIY-Self Serve
Tel: 918 879 843
langleyhogroast@hotmail.com

For Sale Private

LEXMARK CARTRIDGE Genuine 27 Colour i3, X74, X75, X1100 Series, X1200 Series, X2200 Series, Z13, Z23, Z25, Z33, Z35, Z500 Series, Z600 Series Compaq Printers IJ650 Series. €10. 707 500 655 Lagoa area or +€3 for postage.

LEXMARK CARTRIDGE Genuine 17 Black i3, X74, X75, Z13, Z23, Z25, Z33, Z35, Z600 Series, X1100 Series Compaq Printers IJ650 Series. €10. 707 500 655. Lagoa area or +€3 for postage.

HP CARTRIDGE (Compatible) Tri-colour C6657 Deskjet 5500/5550 Photosmart 100/P7150/ P7550/ psc2110/ psc2210. €5. Lagoa area +€3 to post. Tel 707 500 655.

TONER HP C4096A (96A). For HP Laser Jets 2100, 2100M, 2100TN. €45. Call 707 500 655. Lagoa area or +€6 for postage.

TONER HP C3900A (00A). For HP Laser Jets 2100, 2100M, 2100TN. €45. Call 707 500 655. Lagoa area or +€6 for postage.

SAMSUNG TONER ML 1610D2 series ML-161x, brand new. Boxed, €35. Lagoa Area or +€6 postage. Call 707 500 655.

COLOUR TELEVISION. R/c. As new. Unwanted present. €85. Pêra. (0044)7737 761 000.

PORT WINES. Selection of 12 vintage bottles for sale - including Fieste 80, Sousa 82 Tel: 963 651 099.

SOFA 2 SEATER, Deep Creme, almost new ALSO flip-flop bed chair. €225 for quick sale. Tel: 281 323 807.

HOUSE AND Garage Clearances east Algarve inc. Ayamonte Call Ray Tel: 281 546 230. Mobile: 965 505 963 Email villa2you@yahoo.co.uk

GOING BACK to UK. For sale. 1 beige 3 seater Italian settee, 2 single beds as new with mattress, various other items. Contact Pauline or Bernardo 281 952 786.

Health and Beauty

Dunas de Alvor, Estrada da Barca, Loja 21, 8500-017 Alvor
Tel: 966 237 330
Open: Mon-Sat 10am-6pm
Appointment necessary

Riverside International MEDICAL CENTRE, Sta Bárbara de Nexe / Faro, Maragota / Moncarrapacho, Tavira & V.R. Sto António.
24 hr service.
Tel.: 919 657 860 or 289 997 742.

Suffering Chronic Pain?
Self help tool, often works where nothing else well! No drugs - No Needles.
Call for a 15 minute FREE consultation 93 88 68008 Elke Waszmann

UK TRAINED MOBILE HAIRDRESSER. 'Ear piercing', 'Make Up' 'Gel & Acrylic Nails' in your own home. Lagoa area Tel: Beatriz O'Hara 969 127 560.

TREATMENT OR consultation room(s) for rent in a well established and busy salon/clinic. Also need. Please call: 917 313 207 central Algarve.

CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

GET YOUR bikini body back. 50% summer discount! Natassja: 964 558 008.

GALLINARI HAIR & BEAUTY CENTRE. Parque da Corcovada, Lote 32, Loja I, Albufeira. Tel 289 585 807 (easy parking).

Heating & Cooling

DOMUS
ELECTRIC FLOOR HEATING
The CHEAPEST way to heat your house
NO gas, NO oil, NO maintenance
www.domus-heating.com
EN-125 Sítio Benfarras, Nº 552-a Boliqueime
Tel: 289 322 852
domusheating@mac.com

PENGUIN
PENGUINAIRCON.COM
Air Conditioning
Solar Heating
Installation & Servicing
SERVICE HOTLINE: 910 700 777
Tel: 289 092 595 Fax: 289 392 660
Email: info@penguinaircon.com

Home Improvements

SHEET PLYWOOD. 8ft by 4ft = 18mm = €49. 8ft by 4ft = 12mm = €34. FLOORING CHIPBOARD T-G. 8ft by 2ft = 22mm = €19. 100mm by 50mm Plained 2.40mts CLS = €9. 200mm by 47mm Tannerlised Joists 4.20mts length = €45. Tel: 963 598 216.

BUILDING/IMPROVING your Home? Windows and doors Excellent insulation Best prices in town Made in Germany Rudolf Stöhr 283 925 007 933 925 836 r.stoehr@algarve.de

MASTERJOINER Joiner/general Maintenance. 20yrs+ fitting kitchens, doors, floors, Locks etc... Quality reliable service Competitive prices! EAST & CENTRAL ALGARVE 281328648 - 926615244 masterjoiner@hotmail.co.uk

Jobs Offered

ST JAMES' PRIMARY SCHOOL CASCAIS. WANTED URGENTLY. English Year 7, English teacher and PE teacher for years 2 to 7 for next year. Contact jps.office@sapo.pt Tel: 214 864 754.

BRITISH THERAPIST looking for work. BACP accredited, advanced diploma in conselling, CBT, Humanist, Bereavement & drugs and Alcohol trained. Contact: treehughes@live.com for c.v.

HOLIDAY COMPANY IN ALBUFEIRA, REQUIRE ENGLISH, DUTCH AND FRENCH SPEAKING SALES PEOPLE FOR ITS EXISTING SALES OFFICE. PREVIOUS TELESALES EXPERIENCE PREFERRED, BUT NOT ESSENTIAL AS FULL TRAINING GIVEN. You must have a clear, confident manner, and be money motivated to succeed. Air conditioned offices and pleasant atmosphere. Please call: 289510108 or 967162012 and ask to speak with Karen or Mark

PETCHEY LEISURE

Teachers required History, Art & Food Tech.

VVIS Vale Verde International School

Are you a qualified teacher interested in teaching up to IGCSE and A levels and available from September 2009? We have a vacancy in our Secondary School for a teacher who is organised and innovative and would like to be part of a small but growing school in Burgau, Lagos. Should you be interested, we offer a stable and friendly environment for a dedicated teacher. Send your application and CV, with your teaching philosophy, to: director@vvis.org

Now offering transport from Lagoa and Portimão

Tel: 282 697205 Online Prospectus: www.vvis.org
Fax: 282 697260 Estrada de Burgau, Burgau, Lagos

INCOME OPPORTUNITIES. Part/Full time. Virgin Vie. Cosmetics, Beauty, Aromatherapy Oils etc. Telephone 919 823 536, mgraylin@gmail.com

MARKETING/PROMOTION person for Algarve area. Must speak English and Portuguese. Please email CV to renato@riosultravel.com

Legal, Finance & Insurance

INTERNATIONAL DEBT recovering Agency. We are an international team of debt collection who will get your hard earned money back worldwide. You have been cheated and a victim of fraud contact Mr. Igor for results. Tel: 966 421 547.

We buy your life insurance

- Pay you up to double its value
- Info & appointments

Contact: 707 940 337

Sachwert Vertriebs AG

Abbeygate The way insurance should be.

MOTOR HOME COMMERCIAL MARINE HEALTH TRAVEL

Get your quote today! 217 230 637 www.abbeygateinsure.com

Marine

DELL QUAY, 30hp Yamaha, trailer new battery extras Tlm967190218; €3,900.

Marine

VERY FAST SPEEDBOAT Baja 192 Islander for sale, everything you need to enjoy the summer including rollercoaster trailer, wake board tower, lots of toys and extras! Boat is totally immaculate only 110 hours and complete service history. Mercruiser Alpha one 5ltr Magnum (top spec engine) with "Cobra" Stainless steel straight through Exhausts, (sounds great) over 270bhp and capable of 60 miles an hour. Private sale located in Lagos but can deliver, ready to go, priced to sell at €18,000 ono **Call 914870773.** Must sell due to pregnant wife!

Visit the Caves

BOAT TRIP Benagil - Lagoa

1hour trip €15 per person

Tel: 963 542 361 or 282 359 676

Beach Transfers • Check our best prices & conditions for groups

SUMMER SWIM COURSES BOAVISTA HEALTH CLUB, LAGOS. INCLUDING BABY CLASSES AND LESSONS FOR NERVOUS ADULTS! 917 953 914

RIA FORMOSA BOAT TOURS ENJOY THE BEST DAY OF YOUR HOLIDAY For more details or to book a boat tour Phone 913595868 brian@moonlightservices.eu

bowline Actividades Náuticas, Lda.

The nautical expert on tours, chartering, broker and maintenance. **antonio.loebbert@bowline.pt Tel 964 006 518**

DAG COTIER, SIT-ON-TOP KAYAK 3m long, unsinkable, self draining. Suitable for lakes, rivers and sea. €295,00 (Lagos) 917758404

MOANA SURF & ADVENTURE WATER SPORTS & ACTIVITIES. Action & Fun all day!! Tel: 964 449 436.

MOANA Surf & Adventure www.moanadventure.com

ALGARVE SURFING & KITE LESSONS, SCHOOL AND TRIPS Daily pick between Albufeira - Lagos Info call 917 823 722

ICC TRAINING & TESTING. RYA Motor Cruising & Powerboat courses. Tel: 965 800 702 Email: martin.northey@mail.telepac.pt www.theiberianseaschool.com Also RYA THEORY COURSES – Yacht master July 13th to 17th & Day Skipper July 20th to 24th.

LASER SAILER Dingy. Tel: 282 445 068.

Place your advert on-line at www.the-news.net for a 10% discount

Office, Media & Technology

FOR SALE. Samtron 17" screen €30. HP A37A4 Inkjet printer €65. Brother Fax printer €45. (All second hand). Tel: 282 380 316.

COMPUTER TECHNICIAN

Qualified professional with over 20 years experience.

Trouble shooter, upgrade recommendations, tuition and networking. Hardware and software resale available. Wireless specialist. IT intergration on building construction projects.

Tel: 282761398, 918411488 or 962719488 marcus@starworld.pt

COMPUTER SCREEN (Philips) 15". €19.50. Tel: 912 759 461 / 282 457 058.

Painting & Decorating

TURNERS PAINTING CONTRACTORS

Interior and exterior work to the highest standards. All windows and doors fully masked, massive choice of colours and finish.

For free quotation and expert advice Lisbon, Silver Coast and Algarve Tel: 938 535 158 turner.imob@gmail.com working for you

CREDIT CRUNCH affecting you? Low price villa painting with quality paint. Tel: 919 845 877 / 966 168 479.

Painting & Exterior wall restoration. Tel 966 521 828 /938 665 717 www.opra-pt.com

PAINTER & DECORATOR. Clean, quick, reliable. Professional service at competitive price. Interior & exterior Tel: 914 245 464 (Port) 914 122 898 (Eng) freequotepainting@hotmail.com

Personal

Mums & Tots

Tuesdays 10.00am -12.00 Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

"POP-INS" Mums and Toddlers Wednesday 9.45am to 12 midday Bring your babies and toddlers and come meet new friends in a safe and secure environment. Toys, activities, singing. Refreshments available. ICF Church Fellowship Rooms Cedipraia, Portimao For more information Tel Marina on 964 820 392

www.the-news.net

Explorers & Climbers Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.

Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.

ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm, Tel: 919 005 590; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

Kids Club
Every Saturday Morning
newfrontiers
10–12am at ICC Lagos
5 to 12 year olds
Food * Games * Music * Fun Competitions * Drama!!!
BRING A FRIEND!!!!!!
Tel:- 282 086804 or see icc-lagos.org for location

RESPONSIBLE, EXPERIENCED, female babysitter available, Carvoeiro/Portimão/Lagos. Bi-lingual, with own transport. Evenings and weekends. Tel.- 968 861 727.

THE ALGARVEAN Register - Bespoke Introductions. If you are genuinely interested in meeting a soul mate or a companion. Our service is unique, we come and meet you in your own surroundings to discuss your requirements (free of charge). This is a genuine and caring service. For more information and a meeting please call (00351) 915 425 830 email algarvian register@hotmail.com

Pets

STOP THE KILLING!
Before buying or breeding pets, consider the many unwanted/ abandoned animals looking for homes. Neuter not Euthanise! Microchip your animal!
For information or to find an animal:
Michele 919 457 263
email: happyhounds @mail.telepac.pt

ARE YOU LOOKING FOR A PET?
I currently rescue kittens& cats, puppies & dogs; maybe I have your future companion.
Call Valérie
(Donkey Sanctuary)
913 860 865
or 282 342 823.
lili10.evann@yahoo.fr

Santa Catarina & São Brás de Alportel area
MISSING PODENGO
medium, male, hair very short, light brown, small head, light grey, left ear always hanging down. Has been seen often times around St™ Catarina. Manni is very shy, but understands English and German.
Reward €1,000.
Tel.: 966 798 699.

Hotel for cats
OPEN EVERYDAY
*The best in the Algarve
*Fully licensed
*Door to door service
*CATS ONLY
Tel.: 282 912 462
Mobile 919 566 769
www.gatotel.com

ABANDONED PETS need homes & lots of love. Mobile 963 455 358.

STOP THE killing! Before buying or breeding pets, consider the many unwanted / abandoned animals looking for homes. Many unwanted pets are euthanized! Kittens: call Nora on 282 459 207 (evenings). Adult animals: call Peter 965 019 796. To find an animal: call Michele 919 457 263. Email Happy hounds@mail.telepac.pt

SAFE HANDS boarding kennels. Purpose built, enclosed and spacious. Large exercise area, individual attention, 24-hour supervision, country location, near Portimão. Inspections welcome. Tel/Fax: 282 471 347 or 914 767 958. Email: safehandsboardingkennels @clix.pt

classads@the-news.net

Pools & Gardens

ALGARVE TREE SERVICES
* Pruning * Felling
* Brush Chipper Hire
* Stump Grinding
* UK qualified arborists
* 20 years experience
Tel.: 917 479 921
www.algarvetreeservices.com

Tree Work Algarve
THE SPECIALISTS
FOR ALL YOUR TREE WORK,
Tree inspection, Pruning, Felling & Dismantling, Planting & Transplanting
THE BEST SERVICE FOR YOU AND YOUR TREES.
Tel: 961 415 239
info@treeworkalgarve.com
www.treeworkalgarve.com

SWIMMING WITHOUT CHLORINE
UVC Treatment
www.limpaluz.com
info@limpaluz.com
Tel 913 878 057

NEED A POOL?
Swim in 20 Days!
30 years experience!
Labour guaranteed for 10 Years!
Free Quotation
Phone 282 338 694 or 932 868 804

AQUA BLUE. Pool Clean and Maintenance from €100 p/ month. Tel Richard 966 762 499.

BARGAIN ABOVE ground swimming pool. Intex ultra frame, 16ft x 4ft deep. Brand new in box, complete with pump, ladders, solar cover, filter, skimmer. €375. Superb, superb. Tel: 079 5738 6517 will ring you back.

POOL LEAKS, plumbing problems? Tel: 966 521 828.

Property agents

SILVES PROPERTY Management. Honest and reliable. Personalized service, from domestic cleaning to full management. Call: 939 536 347.

Property for Rent

CARVOEIRO. Vale Centianes, T1, Sea View, Beach 200Metres. gtn13@ hotmail.com Tel: 963 601 024 / 0044 779 961 5459.

BOLIQUEIME VILAMOURA
BRAND NEW
3 bed townhouse with garage in beautiful enclosed child friendly condominium.
Long and short term from €950 per month plus bills
◆
Call Abi
+351 967 734 825 or ray@earthsmartsd.com

MONCARAPACHO. Self contained Studio Apartment. Tastefully furnished comprises fitted kitchen, shower/wc, lounge/bedroom with fitted wardrobes, patio with country views. Short term let €350 per month. No children/ pets. Contact: 916 124 748 or 289 791 660.

1 BEDROOM apartment for long term rent in Lagos. Property fully refurbished. €400 per month plus bills. References required. Please call: 914 641 889.

WE HAVE several properties available for long term rent in Central Algarve. Contact Muriel on 932 314 318 for more information.

ARMAÇÃO DE PÊRA, T2 luxury apartment, sleeps 6, furnished with all mod cons, 5 min walk to beach, €650p/m plus bills, open to negotiation. Tel: John @ 0035 362 71242 / 0035 387 255 5822 or email shaneodonovan@hotmail.com

2 BEDROOMED VILLA for rent-holiday lets, sleeps 8 people. €500/ week. Also short/long term rentals possible- special rates. Phone: 917 785 955 / 913 864 807.

PORTIMÃO, VAU, T2 apt, furnished, long term, garden, pool, near beach, €675/m, including water & electricity. Tel: 0035 196 429 7441.

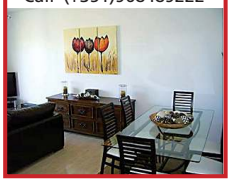
Property for Sale

www.algarvepropertyfinder.org The site with many APARTMENTS AND VILLAS for sale

Praia Del Rei – Óbidos Portugal
(Private to Private)
8000m² land with approved house construction of 380m², simple storey, 1,5km from Golf Club, 3km from beach (main road). Views - Peniche Berlenga Island
Price: €250,000.
Contacts: José Martins dos Santos
Ph: (+351) 961177252
(+351) 936993107
E-mail: jmms.ts@sapo.pt

HIGH TECH VILLA
EVERYTHING which isn't automatic is remote controlled.
This amazing villa has a library, a cinema & a large garage. A super kitchen & diningroom PLUS livingroom with fireplace and water garden. There are four en-suite bedrooms. Air con. & central heating. The large roof terrace is shaded. Swimming pool in secluded garden. Situated in the pretsigious Vale Telheiro to the north of Loulé, sea & country views. Easy access to airport, motorway etc. Realistically priced at €749,000.
If you want to see details of these and many more properties plus hundreds of photos, visit our page www.johnhillproperties.com
Contact John Hill Real Estate, Av. 5 de Outubro. No 20, 8135-101 Almancil.
Tel.: 289 395 610 Fax: 289 397 212
Mobile: 917 238 517
Email: info@johnhillproperties.com
AMI 576

3 BEDROOMS, two bathrooms,kitchen, living room, large verandas, garage, storage room. 2 pools, tennis-courts, bar, restaurant, playground, gymnasium. 2km from Golf. Built 2002. Call (+351)968489222



5 MINS FROM GOLF, CARVOEIRO & BEACHES
4 bed family townhouse on outskirts of Lagoa 2 baths (1 en-suite), sitting/dining room, Guest w/c, office, plus 2nd reception room
Set over 3 floors. Front & back garden, large terraces & patio, views over country & landscaped municipal garden with play area. NO CONDOMINIUM FEES Air con. throughout, wood burner, solar panel.
Close to schools & all amenities. Must be seen. Private sale. Reduced price: €297,000. ono
Tel.: 918 721 688

sale of farm
7,3 Hector Apple farm for Sale
Lovely, restored, 5 bedrooms included build in cupboards, bathroom, dinningroom, sittingroom, cinemaroom, large kitchen, 50 m² entertainment area, cellars restored and a 250 years restored chapel. Theres a separate house with 3 bedroom, bathroom, kitchen, sittingroom and barn for animals and extra storerooms. Contact nr: 00351-912860197 George

WELL LOCATED APARTMENT IN LAGOA
Top floor T3 on the outskirts of Lagoa, with views across the fields, while being a stone's throw from all facilities. Situated in a pretty, landscaped cul-de-sac, light and spacious lounge, 3 bedrooms, 2 bathrooms, kitchen and 2 balconies. Private Sale P.O.A. Call 282 343 652 / 282 352 547 or email: mail@infiniteinspire.com

LOVELY SEMI DETACHED
3 bedroom villa, 2 bathrooms, terraces on ground and first floor, fireplace, pre installation of central heating, garage, in quite location in Portimão, covered area 180m. Will send more photos and information on request. Fantastic opportunity for only €235,000.
Contact 961372026

Place your advert on-line at www.the-news.net

BOAVISTA GOLF & HEALTH SPA RESORT - LAGOS
Brand new luxury fully equipped 2 bed, 2 bath apartment, situated overlooking the 16th green on Boavista 18 hole championship golf course. Discounted Golf & Spa membership.
Only €248,500.
Tel: 282 000 170.
Email: property.shop@ emerson.co.uk

€250.000
www.vila5.com

ALGOZ. 3 bedroom,3 bathroom villa, with central heating, air con, mature garden, walking distance to all amenities. €265,000. Tel: 963 619 388.

PRIVATE SALE +
Professional Marketing: Advertise your property with **www.Algarve PropertyFinder.org** The leading Algarve Website

Property Services & Building

IRISH PLUMBER AVAILABLE
For all your plumbing and heating needs. Based in Algarve. Call John 914 574 622.

CARPENTER.
Anything in wood. Doors hung, kitchens fitted, carports, sheds, floors, decking, houses etc. Tel: 931 689 173.

HOUSE RENOVATIONS / improvements / repairs. Lagos, Alvor, Carvoeiro, Pêra, Silves. Tel 966521828 / 938665717 www.opra-pt.com

NEED A HAND
I can fix manythings, paint, put up shelves, re-hang doors. Call Gordon Tel.: 282 381 201 or mobile 962 828 789.

NEED FENCING?
We do all types of fencing. Please call for FREE quotation 932 868 804

WINDOWS AND DOORS

BEST PRICE IN TOWN
Made in Germany with guarantee

RUDOLF STÖHR
933 836 999
r.stoehr@algarve.de

IRISH PLUMBER
Available.
For all plumbing and heating needs.
Based in Algarve.
Call John 914 574 622

HANDYMAN SERVICES. Anything for the home including plumbing & electrics. Emergency service available. Tel: 931 620 884.

Removals & Storage

LARGE VAN going back to England July - August. Anything legal taken including cats & dogs. Mobile 966 187 812.

MAN & VAN at your service. Call KEITH 966 511 282 or 281 963 151.

MAN WITH van Santarem Tomar Coimbra Area regular UK trips call Bill 914576584 249382335 billjude@hotmail.com

MAN & VAN at your service.
Call KEITH 966 511 282 or 281 963 151
IPC/TT/7 07 48923

MAN AND LARGE van will transport anything legal to/from the UK or EU. Tel: 282 357 837 / 919 020 249.

Phoenix Transport.
UK/Portugal/UK.
Local & international and Silver Coast.
Door-to-door service.
Removals & Storage.
Also transport cats & dogs.
16 years Algarve.
Call 966 187 812 or 967 225 357 or UK 0044 1482 213757

Place your advert on-line at www.the-news.net

Retail

FACTORY OUTLET bedspreads, sheets, pillows, mattress protectors, blankets, towels, bed bath and beyond; everything you need for the home in soft furnishings, direct from the best factories in Portugal. Best quality, lowest prices. Open Mon. - Fri. Shop in Alvor: 10.30am - 4pm Tel: 282 457 510. Shop in Lagoa: 10 am - 5pm Tel: 282 353 244 website: www.bedspreadsportugal.com

Services offered

IN TODAYS DOG EAT DOG WORLD MAKE SURE YOU'RE NOT ON THE MENU
OUTSTANDING GRAPHIC, WEB DESIGN PUTS YOUR COMPANY/BUSINESS ABOVE THE REST
www.bunddesign.com

SEWING MACHINES

NEW MACHINES for sale €129,000.

REPAIRS of domestic & industrial machines

E-mail:
markburgao@yahoo.co.uk
912681544 - 282695594

HOME CARE. Housekeeping, Spring cleans, Cooking, Personal Care. English lady. Excellent References. 238 692 024.

CARPENTER MICHÆL EDLER - LAGOS
(+351) 966 146 554
(+351) 282 768 622
michael@algarve-carpenter.org
www.algarve-carpenter.org

Satellite

ELECTROSOL SISTEMAS PARABOLICAS
For all your satellite system needs plus much more
Based in Carvoeiro
Tel.: 282 357 843

Travel

Portugal News Travel Page
Skyscanner
Airline Links
Travel news
Live arrivals & Departures from Faro and 12 major airports
www.the-news.net

Vehicles

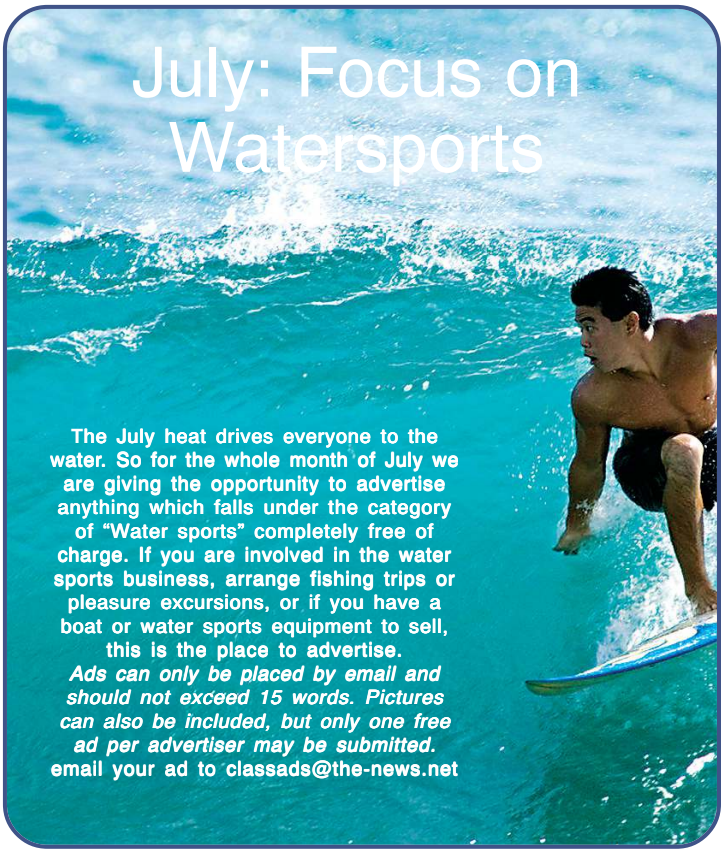
MOT AVAILABLE for UK registered vehicles, contact me on 0044(0) 798 920 9096 or by email j.g.oconnor@hotmail.co.uk

WANTED
We Pay Cash for cars / commercials
Anything considered
Tel: 918 542 057

TOYOTA RAV4. Metalic Silver, Portuguese reg. Yr 2000, 5 door, Manual, Air con, Mint car. FSH, 124,000kms €7,500ono. **MUST SELL.** Tel: John 912273276.

VOLKSWAGEN POLO 1.1. 04/1996, 120,000 km
Dark metallic green, 4-door, mags, alarm, Good condition, for sale or exchange for Suzuki Samurai in similar condition/ price range. 2000 negotiable Contact 916358759

PORSCHE 993 CARRERA 2S very rare! 96,000kms Porsche service history. Excellent condition. €55,000. Tel: 916207135 or 262980010



ECU-RS ECU-Remapping Service

Unleash the true potential of your vehicle

ECU-RS is an engine tuning service that enables your vehicle to perform to optimum levels.

*With an ECU-RS remap you'll have **more power, greater response** and **lower fuel consumption.***

Available on all vehicles from the year 2000 onwards. 14 day money back guarantee.

Contact our mobile technician today
grant@ecu-rs.com 968184668 www.ecu-rs.com

ALFA ROMEO 146 JNR 1998, 102,000kms, years Tax & MOT. €1,600. **Tel: 916 768 074**

ROVER 25 CLUB 2001. 5 doors. Good Condition. €6,000ono. Tel: 282 471 001.

BMW 530, LHD, British M Reg., 1996, Offers around €2,500. Call 282 359 699 Lagoa area.

www.m car service.com
Tel./Fax: 289 432 834 | Telm.: 913 223 421
manutenção e reparações
Audi Alfa-Romeo VW Lancia Seat Fiat CHRYSLER - JEEP
maintenance and repairs
Zona Industrial e Comércio de Loulé Fase II - Fracção G
Machine CAR SERVICE

Place your advert on-line at www.the-news.net

To place an advert Classified Hotline 707 500 646

BRAND NEW never used petrol 150cc off road dune buggy/ kart. Automatic, full safety roll cage, 3 point harness, suspension, all terrain tyres. Great fun for kids and adults alike. Not road legal. Must Go this week, need the space ! Can deliver €790 ono **Tel: 914 870 773**

www.the-news.net

CITROEN BERLINGO Multispace 1.4 2003, A/C, power steering, 2 years MOT .FSH, 130,000kms, spacious, ideal for dogs or children. €6,750ono. Tel: 916 911 502.

FREELANDER 4X4. 1.9TDI, 5 drive, a/c, Oct 2000, 167,000kms. €5,500. Tel: 282 356 285.

Wanted

LION'S CLUBE OF LOULÉ
would like good used clothes, linen, shoes, bric-a-brac, books for their charity sales.
We can collect.
Please ring 289 845 581 or 289 416 659

PIRILAMPOS CHILDRENS HOME
Quinta das Pedras 382. Branqueira, 8200-315 Albufeira.
NEED: shampoo, bath gel, wet-wipes, toothpaste, toothbrushes, & other daily consumables.
Graça Santos on 289 542 515.

CASTELO DOS SONHOS
Need your help and donations
baby clothes, baby milk and equipment
Contact Celia on 282 332 665

Every day 100 people start to lose their sight. Your support helps rebuild lives devastated by sight loss.

The Sunshine Fund for Blind Children (RNIB) need all your **NEW AND USED STAMPS**, which are sold to raise much-needed funds.

RNIB

If you would like to help, post your stamps to:
The Portugal News, Apartado 13, 8401-901, Lagoa. (and we will forward them on)
OR
RNIB, 20 Bowers Rd, Benfleet, Essex, SS7 5PZ, England.

Tel.: +44 01268 565 646
terri@rnibstamps.org.uk
www.rnibstamps.org.uk

Real welcome for Ronaldo

Real Madrid's new signing, Cristiano Ronaldo greets spectators from a stage placed at the Santiago Bernabeu stadium during his official presentation in Madridon Monday. Behind him are Real Madrid President, Florentino Perez (L), and Real Madrid honorary president, Alfredo Di Stefano (R). (Photo: EPA/ Juan Calos Hidalgo)

Portuguese footballer Cristiano Ronaldo broke yet another record this week when more than 75,000 Real Madrid supporters filled the Santiago Barnabéu stadium to be the first to witness the world's best player in the colours of the Spanish giants.

Supporters of Real Madrid and Cristiano Ronaldo gave a huge welcome to the man who is officially both the best, and most expensive footballer in the world.

Real Madrid officials were expecting large numbers of fans to head to the club's stadium for the unveiling of the player, but admitted they had not anticipated as many as 75,000.

The stadium was locked down 20 minutes before the Portuguese player walked out on the Santiago Barnabéu pitch for the first time as a Real Madrid player, though it took only around 30 minutes for the stadium to be filled.

On Monday alone, around 3,000 Cristiano Ronaldo shirts were sold at the stadium, with an average of 1,000 being sold every day since.

Speaking after being unveiled to the Madrid faithful, he said: "I am just so happy. For me, I have made my childhood dream a reality, which was to play for Real Madrid.

"I expect a different league of course. I played six years in the Premier League and it's very difficult", adding: "It's faster and players are stronger. It is very competitive here as well. It will be interesting. I look forward to enjoying *La Liga*.

"I think I am ready for this challenge. I eat well. I sleep well. I drink well. I think I am ready for this league", the former Sporting and Manchester United player explained.

Cristiano Ronaldo signed for the Spanish league runners-up last month for a world-record 95 million euros, becoming the second Manchester United number 7 to join Real Madrid, following David Beckham, whom Cristiano had replaced at Manchester United in 2003.

However, the player will be wearing the number 9 shirt this season in *La Liga*.

Cristiano Ronaldo, World Player of the Year, joins Brazilian international Kaká, who preceded him as the best player in the world in 2007. Real Madrid have been splashing out in the off-season in a bid to dethrone arch-rivals Barcelona, not only as the best club in Spain, but also in Europe.

Barcelona won the Spanish *La Liga* with a nine-point advantage over Real Madrid, while the Catalans outplayed Manchester United to win the Champions League.

Timor athletes to attend Lisbon Games

Organisers of the II Lusophone Games announced Friday that East Timorese athletes will participate in the Portugal event later this month after assuring financial support from the Lisbon-headquartered Orient Foundation.

The head of the Timorese Olympic Committee, João Carrascalão, warned last Tuesday that his country's delegation risked not attending the July 11-19 games in Lisbon because of the "unacceptable and incomprehensible" lack of financial backing from Dili's government.

The Lusophone Games, first held in Macau in 2006, will gather about 1,300 athletes from 12 countries and territories, organisers said.

The competition, similar to events organised by the British Commonwealth and the French-speaking community, is an initiative of the eight-nation Community of Portuguese Language Countries (CPLP).

Based in the Portuguese capital, the CPLP binds Portugal and Brazil to Lisbon's five former African territories and East Timor.

TPN/Lusa

Celebrations
The 1st major card shop in the Algarve with thousands of cards to choose from
Build a bear Balloons
Gift wrap Cards Gifs
and much more!
154 Avinida Liberdade. Albufeira (Opp. old bus Station) Old Town.
Tel 00351 289 548 028 Open every day from 10am - 9pm

Mortgages / Remortgages
When was the last time you reviewed your mortgage? What if you are paying more than you need to?
Now is the ideal time for you to renew your mortgage with the offer of lower interest rates and lower monthly re-payments!
We guarantee you the best interest rate in Portugal!
Contact us and get your free quotation today!
☎ (+351) 282 769 150 ☎ (+351) 913 500 826 ☎ U.K. 08700802936 or 07717570779
info@algarveeasymortgages.com
www.algarveeasyproperty.com